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More Than Just  
Millstone Township  
News!



**PICNIC IN THE PARK**

*Family Support Specialist Dan Berek (right) and Joseph E. work on a craft project during a recent picnic Advancing Opportunities' Family Support Services held for the families it provides respite and recreation services to. Full story on pg. 5*



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THE MILLSTONE TIMES  
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Monmouth County's ASK THE DOCTOR  
The Greater Princeton Area ASK THE DOCTOR

**Publisher**  
Cami Gunther

**Marketing Consultants**  
Jolene Conoscenti  
Dawn Gibson  
Leanne Swallowood

**Director of Recruitment/  
Event Coordinator**  
Jolene Conoscenti

**Art Director/  
Graphic Designer**  
Stephanie Frederick

**Writers**  
Pam Teel  
Lauren Kolacki

**Interns**  
Danielle Testa  
Gabriella Mancuso  
Nicole Iuzzolino

**Administrative  
Assistant**  
Lauren Kolacki



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**Cami@GuntherPublications.com**

**Phone (732) 995-3456 Fax (732) 677-3390**



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## Advancing Opportunities, Inc. Helps Provide Service to People with Disabilities

By Pam Teel

Advancing Opportunities, Inc. provides services to people with disabilities and their families. The agency traces its roots back to a group of parents with children who had cerebral palsy; they banded together to advocate for their children.

The initial mission of the group was to help each other meet the challenges their families encountered raising their children. Those families faced barriers, a lack of services, and attitudes that were, at times, less than congenial. The parents persevered. The vision they had for their sons and daughters was that they would be welcomed in their communities; that their abilities and strengths would be recognized; and that they would be nurtured to grow and reach their fullest potential.

Nearly seventy years later, the agency continues their vital work. To give you an idea of the scope of their efforts, the agency provided services and supports to more than 3,000 individuals with disabilities and their families last year.

"Our mission is to achieve full societal participation for all people with disabilities," said CEO Jack Mudge. "We have a team of dedicated professionals who are committed to advancing the independence of children and adults with disabilities at home, school, work, and at play."

In the area of education, the agency's Special Education Advocates work with families to help ensure students with disabilities receive all they are entitled to in school. The agency's Assistive Technology Services team helps teachers and school districts make curriculums accessible to students of all abilities. Members of the AT team also provide evaluations to help students find the tools, software, and devices that will best suit their abilities.

The agency recently launched its Student Success Center, a collaboration

among its Advocacy, Assistive Technology and Career Development services that helps high school students with disabilities prepare for postsecondary programs. The Student Success Center also supports college students on campus and with their career goals. This program has developed partnerships with several colleges and the NJ Division of Vocational Rehabilitation.

Advancing Opportunities also provides access to the community to many men and women who were living in New Jersey's Developmental Centers. The agency currently operates 17 group homes around the state and is actively developing more housing opportunities for people disabilities. The agency's Residential Services team and its Assistive Technology team are currently working on getting smart home technology into all of the group homes. They are evaluating each resident's needs and providing training. Residents can keep in touch with family members via Face Time and control their immediate environments with Google Home products. The smart home technology is also used by the residential team to monitor and improve safety within the homes.

Additionally, the agency's Career Development team is working to give men and women with disabilities access to employment. The team helps individuals formulate career goals and develop plans for achieving them. The Family and Individual Supports team works to integrate people with disabilities into their communities by helping them get involved and stay active.

The agency's Assistive Technology Services team operates the Technology Lending Center, a library of devices and tools that people with disabilities in New Jersey can borrow and try, free of charge, before they commit to purchasing an item.

**For more information on the services provided by Advancing Opportunities, visit the website at [www.advopps.org](http://www.advopps.org). Or call toll-free at 888-322-1918.**

# Seeking Local Stars for Stories!

*Do you want to discover new things about your neighbors? Want to be in the headlines? Want to see your pictures published?* We're looking for neighborhood families or individuals with a story to share to grace the pages and cover of this publication.

Your story might include love, romance, drama or any combination of the three. It could be to celebrate a milestone in your life, share about a recent vacation, or simply to introduce yourself and share what you love about the community. Everyone has a story to share, and we want to help you tell yours. We'll talk with you, write the article and place some photos on our pages too! If you know others who would enjoy this opportunity, we welcome nominations. Begin by brainstorming the people you know who you'd like to see in this publication. They might be your next-door neighbors and friends, volunteers who serve others through local charities, community leaders, athletes, artists or hobbyists.

You can also nominate someone for the "Let me Shake Your Hand" column. Do you know someone in your community with a great story to tell? Maybe they recently started a business, won an award, took a trip or made a difference? These are the people we want in the "Let me shake your hand" column!

To get started, go to [www.GuntherPublications.com](http://www.GuntherPublications.com) and click the email envelope icon on the top right to simply e-mail us. Email us your idea and contact information. Your content coordinator at GPE will contact you soon.

With your help, we can bring people together, stay connected and create an informative, family-friendly forum through this publication.



# The Millstone Times' PHOTOS OF THE MONTH

By Pam Teel

**Are you a photo buff? Do you love taking pictures everywhere you go?** Perhaps you have a favorite one that you would like to share? We want your pictures for our photo of the month section. You can send photos to the following email: [crescent671@gmail.com](mailto:crescent671@gmail.com)

Include your name and a description of the photo. If you have a brief story that goes with it, send that to. You may send photos more than one time. (If you prefer to send anonymously, we will leave your name out.) **Make sure you put "Millstone Times Photo" in the subject area when emailing or it won't be opened.**

The Amish, Pennsylvania German: Amisch, German: Amische, are a group of traditionalist Christian church fellowships with Swiss Anabaptist origins. They are closely related to, but distinct from, Mennonite churches. The Amish are known for simple living, plain dress, and reluctance to adopt many conveniences of modern technology. The history of the Amish church began with a schism in Switzerland within a group of Swiss and Alsatian Anabaptists in 1693 led by Jakob Ammann. Those who followed Ammann became known as Amish.



In the early 18th century, many Amish and Mennonites immigrated to Pennsylvania for a variety of reasons. Today, the Old Order Amish, but also the New Order Amish and the Old Beachy Amish continue to speak Pennsylvania German, also known as "Pennsylvania Dutch."

Alex Ostrow, from Monroe Township, captured these candid photos in Intercourse, Pa.



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# Weekend Getaways

## Fun Things to Do Near the Delaware Water Gap

By Pam Teel

In last month's issue, we talked about the different hiking trails and parks that are abundant throughout the mountains at the Delaware Water Gap, where you can get spectacular views from high mountain lookout points.

There are 40 miles of the Middle Delaware National Scenic and Recreational River, 67,000 acres of forested mountains, riverine valleys and fertile floodplains, tumbling waters, rhododendron ravines, and hemlock forests. There are more than 100 miles of hiking trails along streams, ridges, and mountaintops. There is bountiful wildlife in habitats ranging from rivers to ridge top, 27 miles of the Appalachian Trail, more than 100 miles of scenic roadways, Historic villages, structures, and landscapes from the valley's colonial past and Agricultural fields that have been farmed for more than a thousand years.

Do you like waterfalls? There are plenty in the Delaware water gap area. Bushkill Falls is a series of eight privately owned waterfalls, the tallest of which cascades over 100 feet; located in Northeast Pennsylvania's Pocono Mountains. Bushkill Falls encompasses about 300 acres and more than two miles of hiking trails, bridges and walkways. [visitbushkillfalls.com](http://visitbushkillfalls.com)

Other nearby Falls include: Deer Leap Pike, Silverhead Falls, Raymondskill Falls, Fulmer Falls, Silver Spray Falls, Factory Falls, Hacker Falls and Buttermilk Falls on the NJ side.

**Shawnee Mountain Ski Area**- Ski destination close to the Gap. Family-friendly skiing locale offering 23 slopes & trails, plus snow tubing, dining & lessons.

**George W. Childs Recreation Site**- Park known for housing 3 waterfalls, a short hiking trail & the ruins of an old woolen mill.

**Claws 'n' Paws Wild Animal Park**-Animal Park that offers a petting zoo with deer & lamb, animal shows, giraffe feedings & a turtle zone.

**Lakota Wolf Preserve**-Guided Educational tours to see 4 different packs of wolves play & interact, plus foxes & bobcats.

**Millbrook Village**- In 1832, a local farmer built a gristmill along the newly finished Columbia-Walpack Turnpike where it crossed a stream known as "Van Campens Mill Brook." By 1875, Millbrook had reached a peak of 75 inhabitants and about nineteen major buildings. Today's Millbrook Village does not replicate the Millbrook of 1832 or 1900. Rather, it evokes the feeling of countryside hamlets where most of the nation's people lived until the end of the 19th century. On summer weekends, several buildings are open to the public and Millbrook Village Society and other volunteers demonstrate the folkways of that era.

**Grey Towers National Historic Site**- Also known as Gifford Pinchot House or The Pinchot Institute is located just off US 6 west of Milford, Pennsylvania, in Dingman Township.

**Pocono Tree Ventures, East Stroudsburg, Pa.** - Aerial obstacle-course zip-lines. Guests climb, balance & zip-line through the treetops on obstacle courses of varying difficult

**The Zane Grey Museum in Lackawaxen Township**- is a former residence of the author Zane Grey and is now maintained as a museum and operated by the National Park Service.

**The Christmas Tree Factory**- About one mile from the Gap. Rows and rows of Christmas ornaments and items. Quality fashioned jewelry. Also, there are craft items available. Fun to even just browse!

**Antiques and Collectibles in Stroudsburg, PA**-The Olde Engine Works Market Place is home to over 125 friendly and knowledgeable dealers, ready to help you find that perfect antique or collectible you have been searching for. Re-purposed as an antiques and collectibles marketplace in the heart of the Poconos in 1993, The Olde Engine Works has a rich history that has graced the community since 1903.

Other places to visit- Pocono Snake and Animal Farm-, Brook Hollow Winery, Columcille Megalith Park and Celtic Art Center, Pocono Candle Company, Worthington State Forest, Village of Bevan, Van Campen Inn & Rosenkrans House, Foster- Armstrong House & Neldon- Roberts Stonehouse.

You can paddle on the river, swim in the river at three lifeguarded beaches, fish, hunt, picnic, tube at Blue lightning tubing, bike 30 miles of trail and more.



*Millbrook Village Mill*



*Waterfall at Dingsman Ferry*

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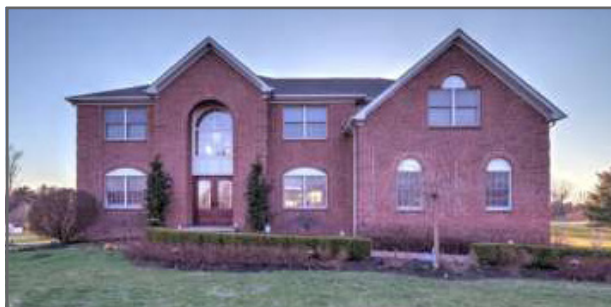
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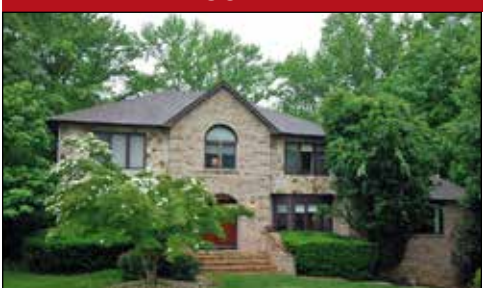
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266B Crosse Drive, Monroe, N.J. 08831  
\$219,000 Agent: Carmen Amodol

Adult community, two bedroom, 2 bath, one car garage, awaits its next owner! The kitchen has hardwood flooring and features GE and Kenmore brand appliances. Bedrooms are carpeted, as well as the living room and sunroom. Newer windows throughout. Call today for an appointment!



8C John Adams Ct. Monroe, N.J. 08831  
\$205,000 Agent: Veena Khanna

Adult community, gorgeous renovated Dorchester model with newer kitchen, new granite counters, electric stove & dishwasher, beautiful porcelain tiles throughout kitchen, foyer, wood like floors in Living/Dining area and bedrooms, renovated bathrooms. Bright & sunny, Carport is close to the house's front door.



24 Feiler Ct. Lawrence, N.J. 08648  
\$189,900 Agent: Veena Khanna

Well set, 3rd floor unit looking over the lawn area, open floor plan with wood like floors thru out, spacious master bedroom w/a walk-in closet & attached full bathroom. Close to local stores, station, Malls, Rt 1, the Hamilton center. Use of common pool, playground, tennis ct & club house.



496 Bucklew Avenue, Monroe, N.J. 08831  
\$689,900 Agent: Cynthia Duvin

New construction, home to-be-built on 3 acre vacant lot with 2 car side entry garage, east facing side entry door, public water and sewer. Choose from 2 models: Standard features include 9' ceilings on the 1st floor, 42" kitchen cabinets with granite counter tops and stainless steel appliances, hardwood floors throughout the 1st floor. Many more standard features, photos depict Maplewood Model Home. Features and upgrades will vary.



27 Cliffwood Drive, Allentown, N.J. 08501  
\$622,400 Agent: Rhonda Golub

Spectacular estate home, french doors through the living room lead you into the conservatory, dramatic two-story family room, wood burning fireplace, hand-scraped hickory floors, spacious kitchen opens to a sun room, 1st floor study with built in cedar shelves and cherry hardwood floors, the yard is the perfect place for entertaining, paver patio that lead to the hot tub. Entire property is fenced, offering great schools and close to everything!



2 Orchard Dr, Cream Ridge, N.J. 08514  
\$719,999 Agent: JoAnn Stewart

This showcase home has it all! Gleaming hardwood floors, extensive moldings, recessed lighting throughout, gorgeous chef's gourmet kitchen, unique 2-story fireplace with custom tile motif, finished full walk-up lower level, slate-stone floors, full stone wall entertainment center in the large living/recreation space w/ tray ceilings and recessed lighting throughout, an office, a gym/exercise room, a music room, priced to sell!



101 Meirs Road, Cream Ridge, N.J. 08514  
\$1,169,900 Agent: Jo Ann Stewart

Custom designed "California Inspired" Estate Home, perched up high on 3 acs of serene privacy offering outstanding amenities inside and out. Architecturally curved archways, three Juliet balconies, stylish fireplace, outdoor entertaining area includes an amazing 30x18 deck, custom in ground pool, jacuzzi, built in gas barbecue, paver patio and a large fenced in back yard. Enjoy these amenities while you are relaxing and overlooking the 50+ dogwood trees planted around the property. If you are looking for something unique and special this is the place!



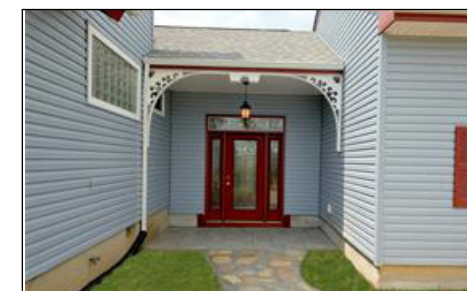
111 Meirs Rd, Crème Ridge, N.J. 08514  
\$224,900 Agent: Jo Ann Stewart

Building lot in Cream Ridge on one of the most sought after Streets in the area. Come build your dream home among the cream of the crop of majestic homes surrounding this lot. Great schools and community living. Also within a few miles to the charming & quaint "Allentown".



20 Compton Dr, East Windsor, N.J. 08520  
\$649,900 Agent: Donna Moskowitz

This home has been completely renovated, engineered wood flooring, natural stone on the gas fireplace, new kitchen with all wood 42 inch cabinets, complimented with subway tile back splash, new appliances, Quartz zite counter tops. First floor laundry room with oversized brand new Washer /Dryer. This home is one to see!



30 Imlaystown Hightstown Rd, East Windsor 08691  
\$680,000 Agent: Verna McShane & Patrick McShane  
One of a Kind! Property also includes 8.494 acres of Preserved Farmland (Q-Farm w/taxes). This has been incl in RE Taxes/Assessment. Surrounded by Farm Preserved Land & magnificent views, a private 2nd floor concrete patio, h/w flooring and a gas fireplace. The living room has custom columns, double doors & h/w flooring. The finished basement offers a family room & office w/extra large double windows, additional closet space, wood stove w/tile floor. Address is 415 Imlaystown Road

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**\$735,000 Millstone Twp.**

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**\$1,325,000 Monroe Twp.**

Amazing Estate Built In 2017 Sought After Toll Brothers Community With 320K In Upgrades Which Include Chef Kitchen Package, Oak Floors & Walk Out Basement. Magnificent Grand Entrance with Double Staircase, 5 Bedrooms, 5.2 Baths, Master BR w/Fireplace, Sitting Rm & Full Bath, Sun Drenched Conservatory, 3 Car Oversized Garage & More!!!



**\$925,000 Upper Freehold Twp**

Luxurious Brick Front Colonial With 5 Bedroom Suites w/Walk In Closets & Full Baths. Two Story Foyer, Massive Kitchen Leads To Sunroom, Two Story Family Room w/Fireplace, Lots Of Floor To Ceiling Windows, Finished Walk Out Basement Leads To Paved Patio & Premium 1.5 Acre Level Lot That Backs To Woods.



**\$750,000 Millstone Twp.**

This Home Will Exceed All Your Expectations From The Manicured Landscape To The Resort Style Heated Inground Pool & Expanded 4 Car Garage. Two Story Foyer, Four Oversized Bedrooms, Expanded Kitchen & Great Room Joined For The Perfect Entertainment Area w/Fireplace. Full Finished Basement Too.



**\$310,000 Bayville**

Located In The Heart Of Town this Charming Ranch Situated On A Double Lot With Plenty Of Parking. Zoned Commercial/Residential. Perfect Starter Home Or Space For Your Business. EZ Access To Major Roadways, Shopping & Beaches.



**\$539,900 Plumsted Twp.**

Country Colonial Home With Spacious Covered Front Porch Is A Buyer's Dream. Open Flowing Floorplan With Over The Top Kitchen & Huge Great Room w/2 Sided Fireplace. First Floor InLaw Suite w/Separate Entrance. Finished Basement, 2 Car Garage & Inground Pool.



**\$425,000 Jackson Twp.**

Gorgeous 3 BR 2.5 Bath Colonial Situated On A 1.3 Acre Beautiful Landscaped Property. Some Of The Features Include Hardwood Flooring, Large Family Rm w/Fireplace, Full Basement & 2 Car Garage. Outside Enjoy the Covered Deck Overlooking Private Yard Backing To Woods.



**\$750,000 Upper Freehold Twp.**

Upgraded Toll Brothers Home With Impressive 2 Story Foyer w/Bridal Staircase. Home Features 4 BRs All With Private Full Baths, Huge Master Bath w/Center Jacuzzi Tub, Expansive Kitchen With Long Center Island, Granite Counters & Morning Rm, 2 Story Family Room w/Fireplace, 3 Car Garage & Much More!



**\$519,000 Jackson Twp.**

This Meticulously Maintained 4 BR Colonial Home In Harmony Hills Situated On Premium Lot. Features Many Upgrades - Newer Kitchen w/SS Appliances, Wainscoting, Chair Rails, Crown Molding, Family Rm w/French Doors Leading To Multi Level Deck With Built In Seating Overlooking Beautiful Inground Pool.



**\$1,500,000 Jackson Twp.**

Endless Possibilities For This 8.5 Acre Commercial Property w/Single Family 3 Bedroom 2 Bath Home w/Full Basement, A Brick Commercial Building Operating As A Pizzeria/Restaurant With Multi Car Parking Lot Plus an Additional Large Storage Outbuilding. Water, Sewer & Gas At Street.



**\$489,900 Jackson Twp.**

Impressive Brick Front Colonial Nestled At The End Of Cul-De-Sac With A Wooded Backdrop. Four Bedrooms, Hardwood Flrs Throughout, Formal LR & DR, Open & Inviting Floorplan w/Sunroom and Family Rm Off The Recently Remodeled Kitchen. Large Master Suite w/Spa Bath. Finished Basement As Well.



**\$639,000 Upper Freehold Twp.**

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# Meet Your Neighbor: Lou Orrichio

By Pam Teel

Lou Orrichio was born in Brooklyn, NY. Married to his wife Maria for forty-one years, the Orrichio's moved to Millstone Township in 2000. Lou has one son and two grandchildren. To say he has a gift for music is an understatement. Lou started playing the guitar when he was eight years old.

During his early teen years, he became the lead guitarist for several Brooklyn neighborhood Rock Bands. He performed at clubs, block parties, and local concerts. A few years later, he became interested in the sounds of the 50's and 60's and was asked to join an "Oldies group" as a guitarist and back-up vocalist. During this time, his group, "The O.B.G.'s," were regulars at many popular oldies clubs in Brooklyn and Staten Island. It was in this band where Lou realized that he was just as much a vocalist as he was a guitarist.

One night, a few hours prior to a performance at The Red Bull Lounge on Staten Island, the lead vocalist of the group got sick and couldn't make the show. Knowing the words to most of the songs, Lou stepped up and became the lead vocalist for the evening. To his surprise the reviews were great. After building up his confidence in his vocal abilities, Lou started performing as a front man and lead vocalist with wedding bands such as, "The Bob Chevy Orchestra," "The Frankie Kane Orchestra," "The Beau Geste Orchestra," and his own wedding band, "Hollywood Nytes." Lou performed at thousands of weddings during the 1980's and early 1990's in the tri state area. Always having a love for vocal harmony, Lou changed direction and started singing with Acapella groups. One of the most advanced groups was "Afterglow", a four part, progressive jazz group that had a Manhattan Transfer sound. Afterglow was proud to have been guests on the "Don K Reed Doo Wop Shop" on three separate occasions. They also took first place at several acapella competitions in New York City.

Lou, who is now retired from his Allstate Insurance Agency, continues to perform in the tri-state area vocally as a soloist, as part of a male / female duet team called Ryan & Lou (and the famous people they do), and as a member of the three part vocal group called MEMORIES. He recently performed at Citi field, home of the New York Mets, The Walter Reed Medical Center, where he performed for wounded veterans, and The Count Basie Theatre, as part of the cast for The Sinatra Birthday Bash. Lou likes singing the songs of the crooners like Sinatra, Dean Martin, Elvis, Engelbert, Bobby Vinton, Etc. Most future performances are at private adult communities and assisted living facilities. In an effort to give back to the community, Lou and his vocal harmony group perform once a month at various assisted living facilities...for free. He and the members of his group love seeing the smiles on the faces of the senior residents as they bring back memories by singing the greatest songs of the forties, fifties, and sixties. Lou also enjoys song writing, playing and teaching the guitar and over the years he has taught himself how to play the piano, drums, and bass guitar. You can reach Lou at: 732-221-1790.



## QUESTION:

### Why should I choose early orthodontic treatment for my child with a palate expander?



**A**s Palatal expanders are often placed while a child is still growing. They are used to widen the upper jaw so that the upper teeth fit properly together out and over the lower teeth. Underdeveloped growth or narrowing of the upper jaw is one of the major causes of crowding.

If the upper jaw is too narrow, there is not enough room for all the permanent teeth to erupt, which results in crowding, crossbites, underbites, or an edge-to-edge bite. Palatal expanders will not prevent the need for braces when all the permanent teeth erupt, but often times will eliminate the need for extraction of permanent teeth to create space or invasive jaw surgery to correct the growth discrepancy after the jaws fully develop. As the palate begins to expand, it creates more room in the mouth for all of the teeth and the remaining teeth can begin to shift into position and will be far closer to their final position. A palate expander will reduce treatment time too. Different factors can lead to narrow upper jaw growth such as thumb-sucking, tongue thrusting or mouth breathing due to enlarged tonsils. Although these problems may look harmless, they may have serious long-term consequences on aesthetics and both dental and physical health. Palatal expanders often

times will eliminate the need for extraction of permanent teeth to create space or invasive jaw surgery to correct the growth discrepancy after the jaws fully develop and often makes the difference between a good orthodontic result and a great orthodontist result. Please contact our office with any questions or to schedule a complimentary first examination to determine if your child would benefit from this type of treatment.

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## Cono's Cuts Barber Shop Now Open For Business - Millstone Township, NJ

By Abigail Urban

**Looking for a fresh new haircut?** Come meet your neighbor, Anthony Conoscenti – owner of Cono's Cuts Barber Shop- open for business specializing in men's haircuts for all ages.

Anthony has had a passion for barbering since he was 13 years old and later cut hair in his own college dorm room. Graduating from Westchester University with a Bachelor of Arts degree majoring in psychology and marketing, Conoscenti originally planned to enter the corporate world for his future career. He spent three years in IT and mortgage sales in NY and NJ, enjoying the competitive atmosphere but also wishing to own his own business.

Conoscenti decided to return to his passion for barbering and focused on turning this side job into a full-time endeavor. He entered cosmetology school, receiving his Cosmetology license in the State of New Jersey.

He learned how to cut long cuts and perms, but noticed that there was no specific barbering program for short hair. He decided to tackle this issue, teaching his class how to fade and do multiple short haircuts so that future hairstylists could diversify and learn more than just long cuts.

Combining his business savvy skills with his interest in styling men's short hair, he sought to open a barbershop that serves as a reliable hub in the community to get a new haircut. He says that his goal is to create a reputation of excellence, professionalism, traditional craftsmanship yet friendly atmosphere so his customers can say, "If I go here, I'm going to get a good quality cut, good service, conversation and spend time with neighbors."

Already, he proudly notices that business has been great and that feedback on social media has been very positive.

"Cono Cuts has an atmosphere that's traditional and modern, yet very family friendly," customer Kristen Bayor says. "Anthony is personable, skilled, and gives an excellent haircut at a very reasonable price. He was very patient with my son and made him feel important. This was my son's best haircut. We look forward to spreading the word about Cono's Cuts." Bayor also praised the new barbershop on Facebook, posting, "Thanks Cono's Cuts for a great haircut. We will definitely be back."

A regular cut at Cono's Cuts is \$20 and kid's cuts -10 and under are \$15. Hot shaves and steam shaves are \$25. All first responders and military receive a \$5 discount off any service; seniors 65+ also receive \$5 off any service.

The barbershop is open Tuesday, Wednesday, and Friday from 9 a.m. to 7:30 p.m., Thursdays 10 a.m. to 9 p.m., Saturdays 9 a.m. to 4 p.m., and Sundays 10 a.m. to 2 p.m.

Conoscenti is currently hiring, looking for licensed barber – must have a cosmetology license in the State of New Jersey. Please call 609-259-2211 or send your resume to [conoscutsbarber@gmail.com](mailto:conoscutsbarber@gmail.com)

Check out the new shop, get a fresh new look, and discover what it truly means to gain confidence from a new cut.

**Cono's Cuts is located at 494 Monmouth Road in Millstone Township-off 537 – across from the Jackson Outlets.**

Make your appointment – call **609-259-2211**. Anthony and his team are looking forward to seeing you at the shop!

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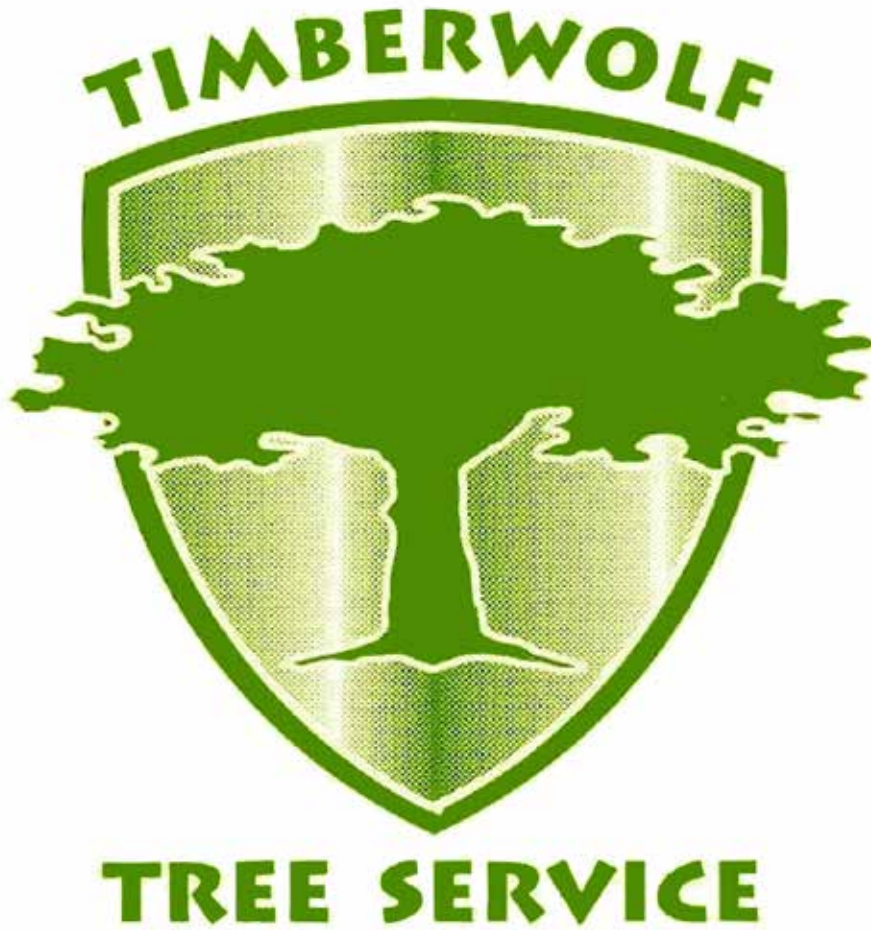
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## The Affordable Housing Alliance Will Be Hosting a Groundbreaking for their Newest Homes

The Affordable Housing Alliance is a private, nonprofit 501(c) 3 corporation in New Jersey and has provided housing services to Monmouth County and surrounding regions for 26 years. The AHA will host a groundbreaking for its newest site, Millstone House Apartments on May 16th at 11:30 AM at 17 Burnt Tavern Road, Millstone, New Jersey. Millstone House Apartments will be a development of four units, affordable to residents earning less than 60% of the area median. The development will be on a land donated to the Affordable Housing Alliance by Millstone Township and will contain one 1 bedroom, two 2 bedroom and one 3 bedroom apartments. The Alliance has received funding from the National Housing Trust Fund thru the NJ Department of Community Affairs, construction and permanent financing thru TD Bank and a \$100,000 capital grant from the TD Bank Foundation. All units will go towards credits for Millstone Townships affordable housing obligation.

The capital funding and rental assistance provided under the NHTF will allow the Alliance to rent the units to those with special needs as well. The Alliance will be partnering with 180 Turning Lives Around to provide services for the residents as may be needed. Construction for the development is set to begin late May. For more information on AHA housing opportunities call 732-389-2958 or go to our website at [www.housingall.org](http://www.housingall.org).

**About the Affordable Housing Alliance:** Since 1991, AHA has been improving the quality of life for NJ residents by developing and preserving affordable housing, providing services to maintain affordable housing, providing housing education, and helping communities meet their legal and moral housing obligations. AHA is the leading nonprofit housing provider in Monmouth County, NJ and serves the state with a mix of utility, education and counseling services. Throughout its history, AHA has successfully developed hundreds of units of new, affordable single family homes, group homes, multi-unit rental housing, and rehabilitated housing. AHA provides foreclosure counseling and new homebuyer education. The Alliance also serves as an administrative agent in twelve Monmouth County, NJ communities. Immediately after Hurricane Sandy struck, AHA received significant disaster relief funding and was able to expand its infrastructure, build capacity and streamline processes to quickly aid affected NJ residents. AHA is an exemplary chartered member of NeighborWorks of America. [www.housingall.org](http://www.housingall.org)



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## *The Allentown Afghans are Back!*



The Allentown Public Library is pleased to let the community know that the Allentown Afghans are back! Originally created and sold by the Women's Association of Allentown, the afghans are once again available for the first time since 2008.

The afghans were designed by Joanne Tourine, a local artist, who created the images of the nine historic structures that span the 17th to the 20th century. They include the famous Imlay Mansion, Gov. Newell's home, the Presbyterian Church overlooking Conine's Mill Pond, the John Clutch House, the Farmer's National Bank, Abel Cafferty's Mill house and the iconic Mill, the Allentown Public School built in the 1920s as a high school and now part of the elementary school, and the Allentown Baptist Church that is now home to the Allentown Public Library.

Each afghan comes with a history that provides a short "bio" of each building.

The afghans come in 3 colors: hunter green, cranberry, and colonial blue. They are available for purchase at the Library, 16 S. Main Street, Allentown, NJ.

These afghans are a wonderful gift for newcomers to the area, for those who are moving away, for students going off to college, and for anyone who has an affection for the village of Allentown.

All proceeds benefit the Allentown Public Library Association in support of the Library building.

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By Pam Teel

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Branching out from the main headquarters in Sayreville, Mr. Danley opened his own headquarters in Monroe, NJ in 2000 servicing the surrounding area and providing residents with all their standby electric power solutions. Their knowledgeable staff and dedicated professionals takes pride in providing outstanding, personalized service to their customers and their community.

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## Books Aimed At Teaching Siblings About Autism



By Gabriella Mancuso

### *All My Stripes* by Shania Rudolph

This story is aimed for children who are just recently learning what autism is. In this story Zane the zebra has autism and learns to accept himself no matter what his classmates say. It teaches children to accept other children with this special condition and treat them as normal kids.

### *Andy and His Yellow Frisbee* by Mary Thompson

This book tells the story of a new girl attending a new school and trying to be friends with an autistic boy named Andy. The new girl does not understand what is wrong with Andy. Andy's sister Rosie explains to the new girl all about Andy's condition. This gives children a broader explanation about autism.

### *Leah's Voice* by Lori Demonio

This book teaches children how to interact with other children who have autism. It gives children tips and assistance on how to react to autism, and how to befriend or deal with someone who has it.

### *My Brother is Different* by Barbara J. Morvay

If you or your child have a sibling with autism then this is the perfect story for you. It gives the best explanation on what autism is and how it affects your sibling. It also explains how to deal with it, and how you should love you sibling no matter what.

### *Since We're Friends* by Celeste Shally and David Harrington

For children who are unsure of what autism actually is this book helps the, graphs and idea of it. It is a picture book aimed for the very young children. It helps give them an idea on how autism affects someone's behavior and life. It shows this through kind, loving pictures meant to show that autism is not an excuse to treat someone unkindly.

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# How to Keep Your Tween Busy This Summer

By Gabriella Mancuso

Summer vacation is the best time of the year, for kids. For parents summer vacation can be a long, dragged out weekend. If your children are not always preoccupied your summer will feel as though it is going down the drain. They will nag, they will whine, and when they're miserable everyone is miserable. Here are some ways to make sure your summer vacations feels like the best time of your year:

***Paid Work:*** If you are looking for a way to get things done around the house, paid work is your best option. Give you kid some chores around the house. Have them help out and do some work with a nice reward to keep them motivated. Allowing them a reasonable allowance for completing chores will benefit both you and them. This way your child is kept busy, and you get stuff around the house done. Plus, what kid does not want a little bit of pocket cash?

***Make a "Summer Bucket List":*** Sit with your children and have them list all of the things they would like to do this summer. Combine it with a list of things you want to do this summer. Include restaurants, sporting games, amusement parks, shows, etc. Then, create a grand master list that combines all of the events. This creates compromises that will make everyone happy.

***Cooking:*** This activity creates the perfect opportunity to spend time with your kids and teach them how to cook. Knowing how to cook is a skill that is always good to have. Bring your child into the kitchen one night and have them help you make dinner. Be sure to cook something fun and yummy! This creates a bonding experience like no other.

***Plan Some Hangouts:*** Schedule a "hangout" for your kid with their friends. Have your tween invite a bunch of their friends over and host them with a pool "get together" and some snacks. You can even barbecue some burgers and hot dogs and make it a dinner.





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## ***NJ YOUTH SOCCER HOSTS YOUNG OLYMPIANS AND CLUB NJYS FESTIVAL***

By Pam Teel

New Jersey Youth Soccer celebrated its Young Olympians and Club NJYS Festival with more than 200 premier 10U, 11U and 12U players this past May. These boys and girls had the unique opportunity to compete in a small-sided game format with top talent from throughout the state. They furthered their soccer education and enjoyed appearances from professional soccer players representing Sky Blue FC and the New York Red Bulls. The boys' event in Ewing was complimented by a visit from Jared Stroud and Tom Barlow, former New Jersey ODP player and recent New York Red Bulls signings. These two Red Bull II players educated boys about the importance of individual practice, mental toughness, being confident, and leading a life of strong character.

The girls' event was complimented by a visit from, Kayla Mills and Michaela Abam, current Sky Blue FC players. Mills, a Southern California native, spoke to the opportunities that ODP provided her on a pathway to the professional game, noting, "ODP is a great first step into the competitive environment that sets up your future soccer career." Abam also expressed her gratefulness to the program by saying that "ODP not only brought out the best in me as a player, but also led to friendships that would outlast a team." Mills and Abam both encouraged the young athletes to take risks and be confident while never losing their passion for the game.

From this event, select boy players will be chosen to play in a scrimmage with the New York Red Bulls Development School (RDS), and select girls will scrimmage with NJ Youth Soccer State Cup champions.

New Jersey Youth Soccer continues to add components to its Olympic Development Program (ODP), recently hosting an ODP College Night for both its boys and girls programs in Bordentown, N.J. "It was a great night to be on the fields with NJ ODP," said Krissy Turner, head coach of the women's soccer program at Monmouth University and recent inductee into the NJ Youth Soccer Hall of Fame. "The talent level was strong, and the players and parents were very attentive in the recruiting talk. Both of these qualities demonstrate a commitment to learning and a sense of honor, which are valued commodities in the recruiting process."

ODP College Night began with a training session, which was analyzed and instructed by various college coaches from the area. At the conclusion of the training sessions, all parents and players gathered for an open forum that featured a Q/A discussion among the college coaches. The coaches gave insight regarding some of the key elements they seek in a player who is pursuing college soccer, as well as general instruction on the recruiting process and transitioning to the collegiate level.

"I was excited to be part of the New Jersey ODP College Night," said Scott Baker, head coach of the men's soccer program at Rowan University and member of the ODP Committee. "It is great to see the connection between ODP and the college coaches taking off in such a positive way. ODP players now have a great opportunity to learn more about the college recruiting process from the college coaches themselves and enhance their level of play by the experienced ODP coaches all in one effective recruiting/training environment. I am looking forward to more ODP events and creating the best experience possible for all of the New Jersey ODP players and families."



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# family Events Calendar

## June:

- June 15- Premier Theatre presents Walt Disney's "The Little Mermaid" at the Henderson Theater in Lincroft, NJ
- June 16- Eco-Elephant Family Flea Market at Dorbrook Recreation Area, Browse vendors at this outdoor market
- June 17- Bands by the Beach in Long Branch, Shade Tree Mechanics a Sunday night music series featuring local bands
- June 18-Open Pool at the Fort Monmouth Recreation Area
- June 19-23 -Chester Fireman's Carnival in Chester
- June 20-23- St. Stanislaus Kostka Carnival in Sayreville
- June 21-Yoga and Wine at Laurita Winery
- June 22- Engage your curiosity as you explore the trails with a Park System Naturalist in Tatum Park, Middletown.
- June 23 & 24- Bradley Beach Lobster Festival. Great food, crafts, and vendors. Enjoy the beach, boardwalk and businesses.
- June 25- Raspberry Picking at Happy Day Farm in Manalapan
- June 26- 'Art and Autism' an exhibition showcasing the talents and abilities of artists who have autism at Monmouth University Pollak Theatre
- June 27-Summer Grill night at Laurita Winery, Reservation required
- June 28-June 30- Montville 4th of July celebration; rides, food, music, parade and fireworks
- June 29- Casino Pier Scavenger Hunt in Seaside Heights (ages 15 and under)
- June 30- Beachstock at Margate Beach in Beach Haven. Activities and music for the whole family



## July:

- July 1- 4th of July fireworks in Matawan, Manasquan, Aberdeen
- July 2- 4th of July fireworks in Hazlet, Freehold Borough, Wall
- July 3- Patriotic Bicycle Decorating Contest and 4th of July parade in Manasquan  
Fireworks in Keansburg, Union Beach, Bradley Beach, Ocean Township, Colts Neck
- July 4- Happy Fourth of July!!!! Fireworks in Asbury Park, Long Branch and Monroe
- July 5- Downtown Freehold Thursdays Rock Series, Eddie Testa Band at the Hall of Records, bring your lawn chairs!
- July 6- Atlantic Highlands Firemen's Fair July 4- July 8
- July 7- Belmar movies on the beach, begins at dusk  
Fireworks in Atlantic Highlands
- July 8-Rugged Maniac 5k Obstacle Race at Raceway Park in Englishtown  
Fireworks in Freehold Township
- July 9- Fireworks in Marlboro
- July 10- Blueberry Picking at Happy Day Farm in Manalapan
- July 11- Freehold Idol, Talented singers aged 10 and older are given the spotlight in front of the Hall of Records in Freehold
- July 11-July 15 Ocean County Fair at Robert J. Miller Air Park
- July 12- Tryouts for Laurita Winery's JUNIOR Idol
- July 13- Freedom Fest State Fair (July 11-15) largest fair in Central Jersey
- July 14- Atlantic Highlands Arts and Crafts Fair at Veterans Park
- July 14/15- Surf & Turf & live music at Monmouth Park Racetrack



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# The Millstone Times™

## STUDENT OF THE MONTH

By Pam Teel

Mahi Desai is in the fourth grade at the Millstone Township Elementary School. Mahi loves learning new and exciting facts and she also loves being with her friends in school. Her favorite subjects are social studies, math, and reading. Mahi loves to read fiction and mystery books.

Her favorite place to visit is Alaska. She would love to go back and visit again. Mahi also loves to go to the movies. Mahi's favorite songs are, 'Sorry' (KIDS BOPZ) and Indian music.

Her hobbies include, dance and piano, but Art is her main passion Mahi also loves to swim, play soccer, and softball. Mahi lives with her mom and dad and brother Samarth, who is in the first grade.

Her favorite holidays are Christmas and Diwali. (Hindu festival) Her favorite foods she likes to eat are eggplant, pasta, pizza, and Indian food. Mahi belongs to Girl Scouts troop 782 and the Future Problem Solving Club in school.

She has good grades and works very hard in school. When she grows up she would love to become a Geologist. Mahi loves living in Millstone and being surrounded by all the natural beauty. She also loves seeing all the different types of birds.

If she had one wish, she would like to kayak in Acadia National Park in Maine. Keep up the good grades in school Mahi and stay the sweet personable young lady that you are.





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4 servings

### Ingredients:

- Water, or cooking oil
- 1 small onion, diced
- 4 cloves garlic, minced
- 15.5 oz. chickpeas, 1 can, rinsed and drained
- 1/2 cup whole wheat breadcrumbs
- 2 teaspoons fresh parsley, chopped
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon red pepper flakes, optional
- 1 egg

### Preparation:

1. Preheat oven to 375°F (190°C).
2. In a skillet over medium heat, add cooking oil or water and onions. Cook until onions are translucent, stirring occasionally.
3. Add the garlic and stir until fragrant. Transfer to a blender or food processor.
4. To the food processor, add the chickpeas, breadcrumbs, parsley, oregano, salt, pepper, red pepper flakes, and egg. Pulse until a dough forms.
5. Use your hands to form 1-inch (2-cm) balls from the chickpea mixture. Place in rows on a parchment paper-lined baking sheet.
6. Bake for 20 minutes, or until golden, flipping halfway.





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## Sugar-Free Orange Cake

This cake is light and refreshing and a no-bake easy recipe! It is also sugar free and low in calories which makes it the perfect summer dessert.

### Ingredients:

- 1 (10-inch) prepared angel food cake, cut into 15 slices
- 1 (.3-ounce) package sugar-free orange gelatin
- 3/4 cup boiling water
- 1/2 cup cold water
- 1 (1-ounce) package sugar-free instant vanilla pudding mix
- 1 1/2 cup fat-free milk
- 2 teaspoons orange zest
- 1 (8-ounce) container fat-free frozen whipped topping, thawed
- 1 orange, cut into slices for garnish

### Directions:

1. In a 9- x 13-inch baking dish, arrange cake slices.
2. In a medium bowl, dissolve gelatin in boiling water and stir in cold water. Slowly pour over cake, then refrigerate 1 hour.
3. In a large bowl, whisk vanilla pudding mix and milk until thickened. Stir in orange zest and whipped topping. Evenly spread over cake.
4. Cover and refrigerate 1 hour, or until ready to serve. Garnish with orange slices.



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*These flaky and buttery biscuits can be eaten for breakfast, as a snack or a side dish. They are also made gluten-free and contain no wheat flour.*

*Makes 12 servings*

### Ingredients

- 1 cup full-fat Greek yogurt
- 2 cups gluten-free flour blend, plus more for flouring
- 2 teaspoons baking powder
- salt, as desired
- 2 tablespoons butter, melted

### Preparation

1. Preheat oven to 425°F (220°C).
2. In a large bowl, mix together the yogurt, gluten-free flour blend, baking powder, and salt until a dough forms.
3. Transfer the dough to a lightly-floured surface and flatten into a 12-inch (30-cm) disk.
4. Use a small cookie cutter to punch out 12 biscuit rounds.
5. Transfer the rounds to a parchment-lined baking sheet.
6. Use a pastry brush to brush the butter on the biscuits and lightly sprinkle the tops with salt.
7. Bake for 15 minutes, until the biscuits are set and just starting to brown.



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## BBQ Grilled Fruits

This is a healthy, low calorie and clean-eating dessert that you can serve up after dinner, for a snack or just because! Fresh fruit from the grill tastes amazing!

Summer fruit with pits like peaches, nectarines and plums grill spectacularly. The sugars in these fruits intensify when grilled. Choose ripe fruit that's still firm so it will hold up to the heat. Then slice the fruit in half, remove the pit and brush with a honey glaze (recipe below) and grill about three minutes per side (plums only need to cook about two minutes per side). You can also use Canola Oil as a glaze for fresh fruit on the grill.

For fruits like pineapple, papaya and mango on the grill, start by slicing the fruit lengthwise and removing the seeds. You can score the flesh or leave it uncut before brushing with the canola oil or honey glaze and grilling. For pineapple, trim the ends, slice into quarters then core and peel (removing any remaining eyes with a small paring knife). Cut each quarter into wedges, then brush with a honey glaze before grilling. Mango will cook in 2 to 3 minutes per side, Papaya halves in about 3 minutes per side, and pineapple slices in 3 to 4 minutes per side.

**Honey Glaze Recipe:** Combine 3 parts honey with 1 part fresh orange or lemon juice and mix well. An add-on to this recipe is blending honey with 1 part rum or your favorite liqueur.



## WHAT IS A STATUTE OF LIMITATIONS?

By John Bazzurro

A statute of limitations is a timeframe or deadline within which one has to file a certain type of case. New Jersey (and every other state) has various statutes of limitations depending upon the type and nature of the case. For instance, the statute of limitations for a personal injury claim in the State of New Jersey is two years. On the other hand, the statute of limitations for a breach of contract claim is six years. Thus, in the event a lawsuit is not filed within the respective time frames for each of these types of claims, the ability to file such a lawsuit may be lost forever. Importantly, however, there are many other factors and issues concerning statutes of limitations other than merely the time frame set forth in the various statutes.

One of the first issues that must be determined when dealing with a statute of limitations is the date upon which the potential cause of action "accrued." Basically, the accrual date is the date that the statute of limitations time begins to run. Although the statute of limitations for a personal injury claim is two years, the accrual date for such a claim may not necessarily be the date that the injury was actually sustained. In certain cases, the accrual date will be the date that the person knew or reasonably should have known that their injury was caused by the wrongdoing of another. Similarly, in breach of contract cases, although the six year time frame begins to run upon the breach of the contract, there are many intricacies in our law as to when a contract is actually breached.

Another issue that arises when determining a statute of limitations time frame is whether or not a particular statute of limitations may be "tolled." This means that the statute of limitations "timeclock" stops for one reason or another thus extending the statute of limitations deadline. Typically, the time will "stop running" for the period of time that a person is not competent to file a lawsuit. The main example of this is for a person who is under the age of 18 years old. Because a "minor" is not "competent" to file a lawsuit under the eyes of the law, the time under the statute of limitations will toll until that individual attains the age of 18. For example, in a personal injury case, the statute of limitations for an injured individual under the age of 18 will not be until that individual's 20th birthday which is two years after they attain the age of majority.

Importantly, in addition to statutes of limitation, there are other timeframe provisions both in New Jersey law and other states' laws which require some type of written notification to a legal entity within a certain period of time. These timeframes are routinely significantly shorter than a statute of limitation. For instance, in New Jersey, if an injury is sustained as a result of the negligence of a public entity (Township, Borough, City, County, State of New Jersey, etc.), written notification must be provided to that entity within 90 days of the accrual of the cause of action otherwise the ability to sue the public entity may be lost forever. Another such written notification provision in the State of New Jersey is where an injury is sustained in an amusement park.

As you can see, there are many legal pitfalls with respect to statutes of limitation and time frames within which action must be taken by a potential litigant. Of course, this article only scratches the surface with regard to these issues and, regardless of what type of claim that you have, it is important that you immediately seek legal advice from an attorney as soon as you believe that you have a claim against someone else. Your failure to do so may jeopardize your ability to obtain compensation for your damages.

Of course, should you wish to discuss any of the issues set forth in this article, please feel free to contact my office for a free telephone consultation.

**JOHN T. BAZZURRO, Esq.**  
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 200 Mecco Drive, Millstone Twp., NJ  
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# Consequences vs. Punishments

By Lauren Kolacki

When it comes to parenting, there are a million and one ways to do it. When it comes to dealing with bad behavior it usually comes down to two; consequences and punishments. Consequences are a result of one's choices, whereas punishments make a child suffer from their mistake. Which technique do you use?

The purpose of a consequence is to teach children how to do better in the future. Consequences can be a natural occurrence, for example, a child doesn't study for his or her test and they do poorly. The next test, they will think again before not studying. A punishment, in this case, would be the parents taking a picture of the lousy grade and posting it on social media. This would shame the child, in hopes the fear of embarrassment will be an incentive to not fail in the future.

Consequences are meant to help children learn. Kids understand why they need to improve their behaviors when they experience the effects of their actions. Punishments are assigned out of frustration or anger and although may serve in the short term, are detrimental to a child's view of self-worth in the long term.

When creating consequences for your child, you do not want this choice to come from a place of anger, therefore, it is important to be thoughtful before doing anything rash. For a consequence to be productive, it is important to stay consistent and stick to your guns. Consequences should always be directed at the behavior and not at the person to ensure a decrease in misbehavior and not in self-worth.



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# Secrets to Using Highlighter

By Gabriella Mancuso

Over the last couple of years makeup has made a huge comeback! Everyone wants it, everyone wears it and everyone flaunts it. From eyeshadow to lipstick it has become a huge phenomenon in this day and age. One product that has really made its way to the top is highlighter. Makeup looks just wouldn't be complete without the glow and shimmer. That is, if you apply it right. If you want that perfect, shimmering finish to your up do we have the perfect tips for you.

If you are applying highlighter to your skin you first need to know which kind of "glow" you are going for. If you have fair skin use a highlighter that gives a pinkish glow. If you have medium or dark skin use a highlighter that gives a goldish glow. Next, you need to be sure of where to apply the highlighter. Most people just apply it to their cheekbones. Although, this is correct it is not the only place you should apply it to. Along with the cheekbone you must also apply it to under the brow bone, inner corner of the eye and the cupid's bow of your lip to brighten your look. You must apply it to the high points of the face. This will help give you a natural glow but help complete all the missing parts of your look.

Everyone loves highlighter, and knowing exactly how to apply it makes it all the better. Whether it is a little or a lot no makeup look is complete without it. Highlighter gives you a natural but outstanding glow, and it makes your pictures POP! Hopefully your highlighter never stops shining!



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## Relaxation Techniques: How much do we know?

By Lauren Kowlacki

Relaxation techniques may be helpful in managing a variety of health conditions, including anxiety associated with illnesses or medical procedures, insomnia, labor pain, chemotherapy-induced nausea, and temporomandibular joint dysfunction. Psychological therapies, which may include relaxation techniques, can help manage chronic headaches and other types of chronic pain in children and adolescents. Relaxation techniques have also been studied for other conditions, but either they haven't been shown to be useful, research results have been inconsistent, or the evidence is limited.

Relaxation techniques are generally considered safe for healthy people, although there have been a few reports of negative experiences such as increased anxiety. People with serious physical or mental health problems should discuss relaxation techniques with their health care providers.

Relaxation techniques include several practices such as progressive relaxation, guided imagery, biofeedback, self-hypnosis, and deep breathing exercises. The goal is similar in all: to produce the body's natural relaxation response, characterized by slower breathing, lower blood pressure, and a feeling of increased well-being.

Researchers have evaluated relaxation techniques to see whether they could play a role in managing a variety of health conditions, including the following:

- |              |                       |                            |                                    |                     |
|--------------|-----------------------|----------------------------|------------------------------------|---------------------|
| • Anxiety    | • Fibromyalgia        | • Irritable Bowel Syndrome | • Pain                             | • Smoking Cessation |
| • Asthma     | • Headache            | • Menopause Symptoms       | • Pain in Children and Adolescents | • Temporomandibular |
| • Childbirth | • Heart Disease       | • Menstrual Cramps         | • Posttraumatic Stress Disorder    | Joint Dysfunction   |
| • Depression | • High Blood Pressure | • Nausea                   | • Rheumatoid Arthritis             |                     |
| • Epilepsy   | • Insomnia            | • Nightmares               | • Ringing in the Ears (Tinnitus)   |                     |

Relaxation techniques are generally considered safe for healthy people. However, occasionally, people report negative experiences such as increased anxiety, intrusive thoughts, or fear of losing control.

There have been rare reports that certain relaxation techniques might cause or worsen symptoms in people with epilepsy or certain psychiatric conditions, or with a history of abuse or trauma. People with heart disease should talk to their health care provider before doing progressive muscle relaxation.

A variety of professionals, including physicians, psychologists, social workers, nurses, and complementary health practitioners, may teach relaxation techniques. Also, people sometimes learn the simpler relaxation techniques on their own.

If you have severe or long-lasting symptoms of any kind, see your health care provider. You might have a condition that needs to be treated promptly. For example, if depression or anxiety persists, it's important to seek help from a qualified health care professional.

Tell all your health care providers about any complementary or integrative health approaches you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care. Or for more information you can visit [www.nccih.nih.gov](http://www.nccih.nih.gov), or call the NIH at 1-888-644-6226



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# Millstone's First Girl Sprout Group Bridges to Daisy Troop 507

Millstone's First group of Girl Sprouts bridged to Daisy Troop 507. The Girl Sprout program is for four-year-old pre-kindergarten girls who will be entering Kindergarten the following fall. The program was designed as a mommy-and-me type program with two events run by the Girl Scout Council.

"As a Troop Leader, I was so excited the Girl Scout Organization afforded younger girls the opportunity to extend their enriching program to our four-year-olds, now known as Girl Sprouts," said Troop Leader Christina Baldino. "My younger daughter Nicolina would see all the amazing things we were doing in her big sister Bella's Troop, so naturally she couldn't wait to join in on the fun!"

In an effort to give the Sprouts an even bigger taste of what Girl Scouts would be like, Baldino modeled the Sprout group after her older daughter's Brownie Troop. The Sprout group met bi-weekly throughout the year, earned fun patches, went on group outings and did an age appropriate community service project just like a regular Girl Scout Troop. "I am so happy to share this experience with my daughters and their friends. Plus, it's never too early to start teaching them valuable life skills."

As a Sprout, girls learn about honesty, sharing, being helpful, how to be kind to their friends and most importantly to have fun doing it.

"This year was such a wonderful experience for my daughter Abygale," said Co-Leader Melissa Wasenda who recently hosted a teddy bear tea party for the group. "The girls colored t-shirts for their favorite teddy bears while drinking 'tea' (good old Honest fruit punch) and chatted about courtesy, manners and table etiquette."

Since the Sprout program is new, there was no official uniform so the Millstone Sprouts had vests custom made. "We needed a spot to display our patches so the girls could be proud of their hard work," said Wasenda. "Our girls even helped design the Sprout vest and picked the hot pink color with yellow embroidery!"

The bridging to "Daisy" ceremony took place at the Girl Scout Program Activity Center in Farmingdale where they bridged with other Girl Scout levels. This little group of Sprouts did just that - and "sprouted" into official Daisies and now have their own Troop number 507. Troop 507 is open to any Millstone child entering Kindergarten in September and the Troop is excited to welcome new members. Come September, the group will meet at the Millstone Primary School directly after school on the second Friday of every month. "Our girls are forming friendships that will last as they journey through major milestones together. We hope you will come and be part of the fun!" said Wasenda. "We know you will love it...and that's a Girl Scout Promise!"

For more information about become a Sprout, Daisy, Brownie, Junior, Cadette, Senior or Ambassador please contact [MillstoneGirlScouts@outlook.com](mailto:MillstoneGirlScouts@outlook.com).



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# Child Author, Wendy Mass Visits Millstone School

By Pam Teel

On May 18th, the Millstone Township Elementary School students along with their principal, Suzanne Guidry, welcomed visiting author, Wendy Mass to their school. The event was organized by Reading Specialist, Colleen Henkin and Reading Interventionist, Nicole Filippone.

The event was funded by the Millstone Township Parent Teacher Organization. Wendy, a best-selling author, has published over twenty books geared toward upper-elementary and middle school readers. Students in grades three through five enjoyed hearing her speak about what inspired her writing career as well as tips on how to craft their own stories during two assemblies.

Students had the opportunity to pre-order a variety of her titles including Space Taxi, The Candymakers, and The Willow Falls series as well as her most recently published book, Bob, which came out on May 1, 2018. The students at Millstone Township Elementary School purchased approximately three hundred of her books with the help of Lori Matlow of Barnes and Nobles of Freehold.

In addition to the two assemblies, students had the opportunity to interact with Wendy in a variety of ways. One student from each fifth grade homeroom was given the opportunity to meet with Wendy and ask her questions about her writing experiences. Wendy also met with the Fearless Phragmites Phighters, a problem-solving group led by Beth Topinka and Jenn Modula. She then had the opportunity to visit Mrs. Olah's third grade art class in which students were creating space-taxi inspired vessels made of clay.

The students and staff thoroughly enjoyed having author Wendy Mass at their school for the day! It was a memorable experience sure to inspire the young readers and writers of Millstone Township Elementary School.



L to R: Teacher Nicole Filippone, Author Wendy Mass, Teacher Colleen Henkin

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## Millstone Township Foundation for Educational Excellence Awards \$30,285.15 in Grants to Millstone Township Schools

Millstone Township Foundation for Educational Excellence (MTFEE) awarded five grants today, totaling \$30,285.15, to Millstone Township Schools. All grants will be implemented in the fall. Since 2002, MTFEE has awarded more than \$560,000 to its schools. Following is a listing of the grant awards and recipients:

**Introduction of Welch Allyn Spot Vision Screener** (\$9,356.41) (Eleanor Czysz, primary school nurse; Lori Blazier, elementary school nurse; Marianne Disick, middle school nurse) - The grant consists of a Welch Allyn Spot Vision Screener, which will be used by all schools in the district. It will assist the nurses in providing students with a more comprehensive vision evaluation and enable them to make an objective assessment that will instantly detect major vision problems. Research shows that 80 percent of visual impairments can be prevented or cured, when identified and treated early. At present, all students receive vision screening as per NJ School Health Service Guidelines and may be subjective due to multiple variables.

**Traverse Rock Climbing Wall** (\$8,292) (Evan Norwood, primary school physical education teacher) - The grant consists of a Traverse Rock Climbing Wall, which will be installed in the primary school gymnasium. It will benefit students by giving them an opportunity to improve muscular strength, cardiovascular endurance, fine and gross motor skill development, balance, coordination, and flexibility. The cognitive values include incorporating math and literacy into climbing activities, problem solving, decision making, focus and concentration.

**Programmable Robotics Kits for STEAM** (\$4,943.40) (Erik Wall, middle school related arts teacher) - The grant consists of LEGO programmable Robotics Kits, to enhance the middle school Science, Technology, Engineering, Arts & Mathematics (STEAM) curriculum. The program, which is a three-year progression, will empower students to utilize an engaging and proven technology platform to develop and improve coding, design and analysis skills. It also will better integrate core science and mathematics concepts into the STEAM experience.

**Math Lab: Making Math Fun Again** (\$4,828.79) (Lisa Murin, math coach for primary and elementary schools) - The grant consists of two math labs - in the primary and elementary schools - for K-5 students, which will create spaces to allow learning through play. Students and teachers will have access to manipulatives and lessons that are rich in real-world application and go beyond the lessons found within the program used in classrooms. Students in lab will have the use of water tables, cooking lessons, scales, measuring tapes and more to enhance their personal experience.

**STEAM Makerspace** (\$2,864.88) (Nicole Meyrick, third grade teacher and Meghan Olah, third grade teacher) - The grant consists of a LEGO wall to provide opportunities for students to engage in a creative, imaginative and playful atmosphere, which will allow learning to unfold, rather than conform to set tasks. In addition, there will be two Brick Labs, which will contain 200 hands-on activities to enhance and support the STEAM curriculum. The grant will be used as a STEAM Lab, Makerspace for hands-on science, math and STEAM lessons, as well as for the gifted and talented program.



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## How Cars Have Changed in the Last Decade

By Gabriella Mancuso

Throughout the last decade many aspects of our daily lives have progressed. Most have adapted to fit our "technologically advanced" world. One item that stands out is the car. Over the last ten years the automobile that gets you from home to your child's soccer practice has taken a big step towards progression. Here's how:

**Navigation Systems:** Way back when, navigation systems were not as common as they are today. In today's life almost, every car has a navigation system. Ten years ago, navigations were considered extravagant. If you had one in your car, you were a lucky one.

**Entertainment:** The entertainment features of cars have indeed advanced within the last decade. CD players, which used to be located in every car below the radio, are no scarce. In their place now are auxiliary options, so you can inject your phone or iPod to place the music or song of your choice. This also resulted in less TVs and DVD players, a mini vans signature.

**Safety Features:** Over the last ten years cars have taken the liberty of improving themselves in an extremely safe way. Now-a-days cars are equipped with more airbags. Ten years ago, cars only consisted of 2 airbags, one for the driver and one for the passenger up front. Now they consist of 4 or more airbags, one to ensure the safety of the maximum number of passengers your car can hold. They also are equipped with sensors, cameras, collision warnings, alerts for low fuel, oil change, etc.

**Comfort:** Air conditioning and heating have thankfully improved throughout the years. There are now cars with heated seats, air conditioning throughout the car as well as heating luxury.





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# PLAY HOOK-E

## *Veterans Spend the Day Fishing At Ponderosa Estate Farms*

By Pam Teel

This past April, Mr. Vito Cardinale, President of Cardinale Enterprises LLC, once again hosted 'The 2018 Second Annual Take A Veteran Fishing Day' at Lake Julianna, Ponderosa Estates Farm, Millstone Township, NJ.

"Play HOOK-e From PTSD" was the theme for disabled veterans that attended the second event. The goal of the fishing day at the Lake was to provide a chance for disabled PTSD veterans to go fishing and to relax while enjoying the peaceful surroundings around the lake with other veterans.

Disabled veterans and their guests were invited to fish at the private lake to catch and release big fish and then join Mr. Cardinale and his staff of volunteers for a free barbeque. They provided soft drinks, hamburgers, hotdogs, and other goodies. Sixty-eight veterans attended this year. There was close to one hundred people on hand, volunteers included. Project Healing Waters Fly Fishing Jersey Shore Chapter provided fly casting instruction.

Boating Education and Rescue, Mike and Debbie Bennett, helped veterans with freshwater fishing techniques, loaner rods and reels, and prepared bait cups for everyone. Jersey Coast Anglers Association provided bait for the day and contributed towards the prizes for the day.

Newark Bait and Fly Casting Club and New Jersey Beach Buggy Association provided volunteers to help veterans throughout the day. Samuel Fuoco, AUSA Ret. COL US Air Force, stopped by to support our veterans and encourage them to continue to participate in outdoor programs.

As in the past, Mr. Cardinale and his team were proud to serve the veterans that have given so much for their county.

Veterans with mobility challenges had the use of 4x4 transportation around the lake, along with fishing assistance if needed. Freshwater fishing license was not needed because this is a private lake. Project Healing Waters Fly Fishing Jersey Shore Chapter assisted with fly fishing instruction and their members were also welcomed to join in and catch some big fish on a fly rod. Boating Education and Rescue were on hand with their mobile education booth and equipment. There were door prizes, loaner rods and reels, terminal tackle, bait, and other fishing equipment available to insure that all had an enjoyable time.

A big thank you to all the volunteers that came out to support the veterans and help with setup, hospitality, fishing assistance, and cleanup.



# QUESTION:

## What's the best way to treat knee arthritis? Consider a non-surgical treatment that really works!

Osteoarthritis of the knee is the #1 leading cause of disability in the U.S. Over 27 million people suffer with knee arthritis and that number continues to grow. With knee arthritis, the cartilage breaks down and wears away, leaving the bones to rub together causing pain swelling stiffness and limited range of motion. As the cartilage breaks down, the knee loses its lubricating fluid. We found that by replacing this lubricating fluid with a natural substance called Hyalgan, the lubrication is restored and many patients experience amazing pain relief.



### WHAT IS HYALGAN AND HOW DOES IT WORK?

Hyalgan is a natural lubricating fluid that acts as a lubricant and shock absorber inside the knee joint. The substance in Hyalgan is hyaluronic acid which is normally found in high levels in healthy joints. Replacing the hyaluronic acid with Hyalgan lubricates the joint and reduces pain. Hyalgan has been administered over 40 million times and has been proven to provide long-lasting relief of knee pain from osteoarthritis.

### WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

If you have had injections like this in the past and experienced poor results, there is still hope! Many doctors in this area offer similar injections, but very few use precision fluoroscopy guidance. Fluoroscopy guidance ensures that the pain relieving Hyalgan reaches the knee capsule where it bonds with the joint fluid to create a lubricating and cushioning layer. Without fluoroscopy, it is estimated that doctors "miss" the capsule over 30% of the time resulting in poor results. We want each and every one of our patients to have the greatest chance of success, so every injection is done with precision fluoroscopy guidance to ensure that the Hyalgan gets into the capsule 100% of the time. Because of this, patients who previously felt little to no relief with non-fluoroscopy guided injection are now getting excellent results.

The other "big difference" in our results is the multitude of other supportive care options that we have available to enhance the effectiveness of the Hyalgan procedure. These options include state of the art medical laser treatment, physical therapy, manipulation, corrective osteoarthritis bracing (takes pressure off the damaged section of the knee), and natural anti-inflammatory products. The combination of these treatments offers you what we feel is the most comprehensive non-surgical knee treatment program available.

### DOES IT HURT?

Many of our patients report that they feel little to no pain at all! We do everything possible to minimize any pain from the procedure, from pain relieving spray and a local anesthetic, to precision guidance that ensures we are always in the right spot.

### WILL MY INSURANCE COVER HYALGAN?

This procedure is covered by most major insurance companies including Medicare. Our insurance department pre-verifies every patient.

### WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

Dr. Scot Paris is the medical physician who performs the Hyalgan injection. Dr. Paris is trained as a general surgeon and has extensive experience with a variety of surgical procedures. With his conservative approach, he has excelled in the non-surgical treatment of knee pain with the use of fluoroscopy guided Hyalgan injections.

### SO HOW DO I KNOW IF YOUR KNEE PAIN TREATMENT PROGRAM WILL HELP ME?

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We are proud to offer our patients a comprehensive knee pain treatment program that includes the best non-surgical methods to relieve pain all under one roof. We look forward to having the opportunity to help you feel better. Take the first step in ending your knee pain and call to schedule an appointment today!



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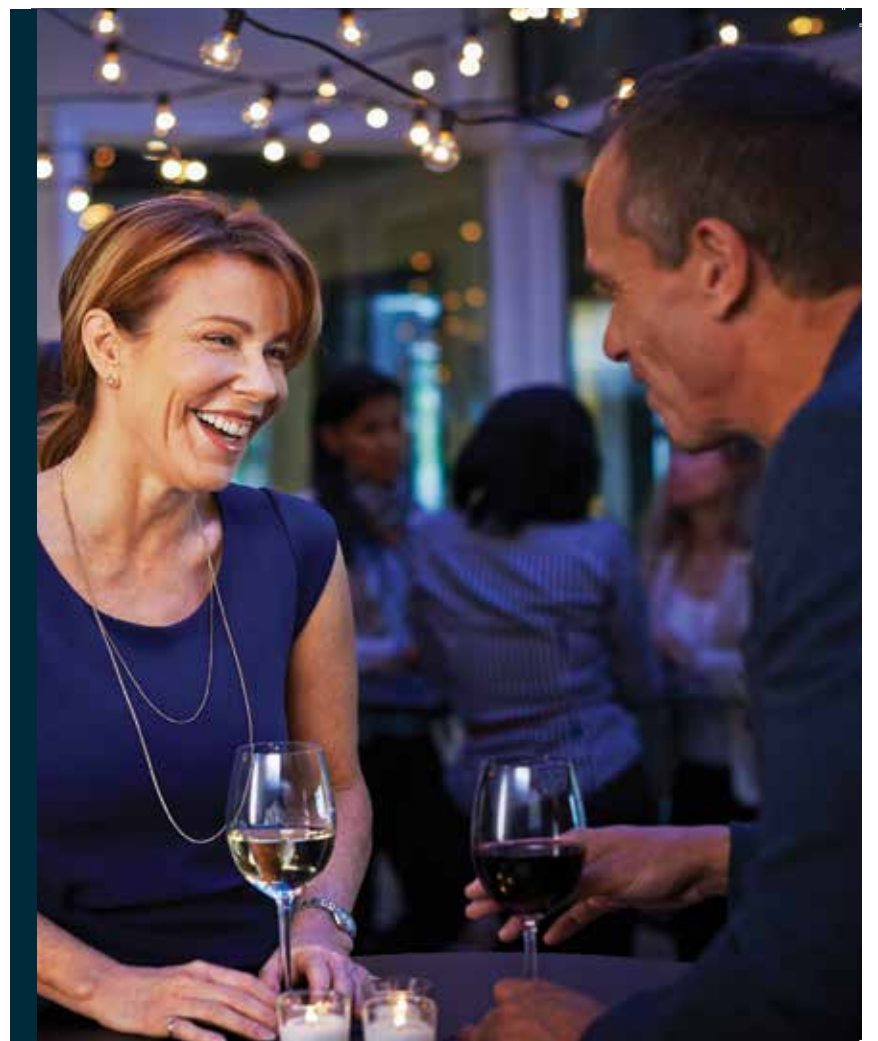
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## Matcha: The New Trend

By Lauren Kolacki

We are among a generation of trends; a new fad catches on and drives millennials wild.

Participating in the supportment of these crazes, results in a feeling of robust and prominence, however, not every fad is all it is cracked up to be. Auspiciously, we have found one with an ongoing list of benefits, Matcha tea. Matcha tea is a strain of green tea that is grown and produced in Japan. The green tea leaves are shaded from the sun, increasing their chlorophyll content and proliferating its green color. The leaves are then ground into the powder known as Matcha. Contrary to other teas, matcha is not strained before production, therefore, you consume 100% of the leaf, which has the nutritional equivalence of ten cups of green tea. Matcha is considered an antioxidant powerhouse, in that it has 137 times more antioxidants than regularly brewed green tea.

The combinations of certain compounds in Matcha is what triggers some of these beneficial effects. Studies show the caffeine and catechin combination activates your nervous system which stimulates your metabolism, therefore, it acts as a weight loss aid. The combination of caffeine and L-theanine improves alertness and production. The catechins in this product decrease oxidative stress, reduce platelet aggregation and halt the proliferation of vascular smooth muscle cells, resulting in a decreased risk of atherosclerosis, hypertension, endothelial dysfunction, ischemic heart diseases, cardiomyopathy, cardiac hypertrophy and congestive heart failure. The phytochemicals in green tea enhance your mood, cognition and just overall feeling good.





**Dr. Helen Simigiannis,  
MD, FACOG**

## QUESTION:

### How does The MonaLisa Touch counteract vaginal dryness?

**V**aginal dryness is extremely common during menopause. It's just one of a collection of symptoms known as the *genitourinary syndrome of menopause* (GSM) that involves changes to the vulvovaginal area, as well as to the urethra and bladder. These changes can lead to vaginal dryness, pain with intercourse, urinary urgency, and sometimes more frequent bladder infections.

These body changes and symptoms are commonly associated with decreased estrogen. However, decreased estrogen is not the only cause of vaginal dryness. It is important to stop using soap and powder on the vulva, stop using fabric softeners and antilicking products on your underwear, and avoid wearing panty liners and pads. Vaginal moisturizers and lubricants may help. Persistent vaginal dryness and painful intercourse should be evaluated by your healthcare provider. If it is determined to be a symptom of menopause, vaginal dryness can be treated with low-dose vaginal estrogen, or the oral selective estrogen-receptor modulator ospemifene can be used. The MonaLisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical using a gentle laser. Regular sexual activity can help preserve vaginal function by

increasing blood flow to the genital region and helping maintain the size of the vagina. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

#### For more information feel free to contact:

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## Are Redheads More Sensitive To Pain?

By Pam Teel

***Everyone struggles with pain at some point of his or her life, but did you know that, according to some researchers, studies have shown that redheads are more sensitive to pain than others?***

Can we truly believe that a person's hair color can have something to do with their amount of tolerance to pain? Researchers have found that people with natural red hair are more sensitive to certain types of pain than those of other hair colors. They have found that redheads require more pain killer medication for it to be effective and tend to use more anesthesia during surgery and general procedures. This may be due to a mutation in a gene that affects hair color and affects one's perception of pain. The amount of red pigment in hair can be determined by one gene. (MC1R)

Mutation in the (MC1R) gene results in the production of a substance called Pheomelanin that results in red hair and usually fair skin. The (MC1R) gene is also expressed in small amounts in the brain where pain signals are interpreted and perceived.

Studies that started just 18 years ago with the (MC1R) gene and its association with the brain is still not fully understood and still in its early stages. Up until a while ago, it was unclear just how many redheads were out there in the world, but research has shown that redheads make up 2 percent of the population.

#### Research on redheads and sensitivity have yielded some conclusions:

- Redheads typically have a low tolerance to cold weather
- They are less receptive to anesthesia
- Less tolerant of inflammatory pain
- More sensitive to dental work
- At a greater risk of developing sclerosis and endometriosis
- Lack vitamin D as they tend to stay out of the sun more for fear of burning more easily
- More prone to certain skin cancers

#### On the other hand, other researchers have found that redheads were:

- Tougher when it came to handling pain.
- Less sensitive to stinging pain
- Have thicker hair and skip over the gray hair stage and go from light copper to white hair.
- More noticed by the opposite sex. When a redhead walks into a room, there's a good chance they will be noticed.
- Redheads can tolerate hot and spicy food better

Are redheads more affected by some things and less affected than others? Only a true redhead can tell you for sure!

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Sports and camp physicals are not only mandatory, but they also ensure that you are fully prepared for all summer sporting and camp events. During your visit, Immediate Care providers will review your medical history, assess for allergy and asthma and administer a full fitness assessment. The exam will also include a vision test, vitals check and flexibility examination. Be sure to bring a list of current medications and supplements, medical records including past vaccinations and any paperwork for Immediate Care providers to complete. Immediate Care offers physicals, seven days a week with no appointment necessary for anyone over the age of two.

### Top 3 reasons to receive a physical:

- **Assess Your Health:** Allergy and asthma risks increase during summer especially in high-temperature climates. A physical will evaluate current and future risks of these conditions and build a treatment plan, if necessary. If you are experiencing allergy symptoms for the first time, visit Immediate Care Medical Walk-In of Hazlet for an allergy screening.
- **Beat the Rush:** Avoid the stress of making last-minute appointments or waiting until the fall. Complete your sports and camp mandatory physical requirements this month, which will be accepted for up to one year by most organizations.
- **Stay in the Know:** Physical exams address any pre-existing health conditions and discuss ways to prevent future medical concerns. Learning about your current health creates opportunity to put any necessary treatment plans in place.

Skip the wait by checking in online to any Immediate Care facility via mobile phone, Immediate Care website or onsite kiosk. Immediate Care Medical Walk-In has locations in Brick, East Windsor, Edison, Hazlet, Lacey, Marlboro, Morganville, Red Bank and Toms River.

Committed to providing convenient and affordable medical services, Immediate Care offers walk-in treatment for non-life-threatening illness and injury. Wellness services include pre-employment, sports and DOT physicals, occupational medicine and vaccinations/immunizations. Both x-ray and laboratory services are also available on-site. Immediate Care is open seven days a week with no appointment necessary. To find the Immediate Care location nearest you, visit [www.immcare.com/location](http://www.immcare.com/location).

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## Dimensions of Empathy

*If you feel like you constantly take on the energy and emotions of the people around you, you are probably an Empath.*

As the year progresses, we have been noticing that more and more people are struggling with their own emotions without recognizing that they are actually absorbing and storing the energy of OTHER people and places around them. Although they might not consider themselves “psychic,” this sensitivity to and absorption of people’s energy is known as Empathy.

On May 5-6 at the 10th annual One Spirit Festival in Clinton, NJ, we presented several workshops on mental shifts and techniques to help remove this excess energy, and we provided Reiki sessions at the Dimensions booth to relieve stress and anxiety associated with this build-up of unwanted emotions and energy. It was our most successful One Spirit Festival to date, and we were proud to be able to help so many people...yet there are many more who still need it. We also continue to host introductory Reiki healing circles twice per month to allow new guests to experience a demonstration of Reiki energy balancing.

If you’re feeling like you can’t be in large crowds because of all the energy “rubbing off on you,” or if you spend more and more time alone letting this alien, emotional energy drain away, please contact Dimensions Reiki to set up your own personal consultation and Reiki healing session, or review our website Calendar to find an event that interests you. We are also planning several public events where you can come visit us and get Reiki or a psychic reading of your energy, and we add new events all the time:

- July 14: Jeff at the Light of Divine Truth Foundation’s 38th Annual Psychic Fair in Bordentown, NJ
- July 28: Dimensions Reiki at the Soulsational Festival at Veterans Park in Bayville, NJ
- September 23: The Thomas Baird Homestead 1st Annual Psychic Fundraiser in Millstone Township, NJ

Jeff Carpenter is a Reiki Master Teacher, psychic, and spirit medium who founded Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Registration is required for all events; please email [dimensionsreiki@gmail.com](mailto:dimensionsreiki@gmail.com) or call 732-832-1036 to register. Check out all of our events online at <http://dimensionsreiki.com/calendar>.

## Night Time vs. Morning Shower

By Lauren Kolacki

People have been having the night time versus morning showers debate for years upon years with the base of their argument solely relying on their personal preference. Research has shown that there is science behind whether you should shower at night or in the morning.

For those who shower in the morning, they usually rely on this to wake them up to jump start their day. Studies show that this could boost alertness, creativity and is a great start to the day. Humans tend to perspire at night, therefore, a shower in the morning washes off sweat and bacteria.

Many dermatologist recommend showering at night to wash the day off your body and face. Especially in the summer and spring months, sweat and allergens like pollen tend to buildup on our skin. Showering at night also is great for a good night sleep. The body naturally cools down as bed time approaches in sync with our circadian rhythm, a shower raises the temperature again and allows for a faster cool down. This is a great way to unwind and release muscle tension.

Although not the best solution to this debate, some suggest showering twice a day. In the morning, to wake you up, and in the evening, to wash all the bacteria you picked up throughout the day. It is important that no matter when you shower, the water is never too hot, this takes the oil off your skin and can cause irritation. Make sure you are not washing your hair every time you shower, hair is made of dead skin cells, therefore, it just doesn’t need as much washing as the rest of our skin. Washing it too often can dry it out.





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# The Kortney Rose Foundation

by Pam Teel

Kortney Rose Gillette was a vivacious nine-year old girl with a winning smile and unparalleled zest for life. She was in the third grade. She loved playing with friends and animals (stuffed or real) and enjoyed school at Wolf Hill Elementary School in Oceanport, NJ. This didn't change even after her diagnosis of a terminal brainstem glioma (Diffuse Intrinsic Pontine Glioma -DIPG). Kortney loved basketball and played soccer, but her biggest thrills were at amusement parks and water slides. She was a daredevil with little fear and a spitfire who knew how to get her way. Her smile and laugh would brighten any room she entered or place she visited. She loved to play on her swing set and was always on the move to her next play date.

Kortney was the picture of health at her ninth birthday party on November 27, 2005 where the family celebrated at Funtime America. In the second week of December she had a couple times where she came in from playing and laid on the couch saying her head hurt. They seemed to go away in about 10 minutes and she'd go back and play like nothing was ever wrong. This happened a few more times. A couple of days later she was outside playing in the snow and she looked up and her mom noticed that her left eye was crossed, turned inward. That day she made an appointment with an optometrist who told her that sometimes the "sixth nerve palsy" can be caused by a virus and the eye may go back on its own, but just to be sure she ordered an MRI.



It was roughly two weeks later that Kortney's parents were told by the doctor that she had an inoperable brain tumor. On April 27, 2006, four months after her diagnosis, Kortney lost her brave battle with this pediatric brain cancer.

As a way to help channel their grief into something positive, Kortney's parents set up the Kortney Rose Foundation. Their hopes are to make a difference, in Kortney's name, in the fight to find better treatments and ultimately a cure for pediatric brain tumors. Their fundraising efforts will directly benefit pediatric brain tumor research.

Established in Oceanport, NJ, in 2006, the Kortney Rose Foundation is a 501 (c) (3) charity with the mission of funding research to promote better treatments and cures for brain tumors, the #1 disease killer of children. With a battle cry of "Help Get Brain Tumors off Kids' Minds," the foundation is responsible for nearly \$2 million donated to pediatric brain/central nervous system tumor research. KRF prioritizes collaborative research, and was an original research partner that helped to establish the Children's Brain Tumor and Tissue Consortium (CBTTC).

## About CBTTC

With its operation center based out of the Children's Hospital of Philadelphia (CHOP), the CBTTC is made up of 17 global institutions, operates the world's largest clinically-annotated database of pediatric genomic data in the world, via CAVATICA, a first of its kind cloud-based, open source platform pioneered by CHOP. These advancements are having implications for broader pediatric cancer and structural birth defect research through the National Institute of Health's Gabriella Miller Kids First Program with which KRF is involved through CHOP.

Brain tumors are the #1 cause of death by disease in children and with only 4% of the federal government's annual research budget going to kids, its small foundations like this one that are helping to fund this gap to keep research going since the other 96% of the federal government's cancer research budget funds adult cancer research.

To raise money, the Foundation holds many Family friendly events. They recently held a new event called Pony Up for Kids at Monmouth Park. There were pony rides, bouncers, crafts, basket raffle, food in a private picnic area and more.

Their signature event, now in its 13th year, is on Sunday, August 5, Kortney's Challenge 2 Mile Fun Run/Walk. It's fun for all ages and since it's a walk and a run anyone can participate. All registered children under 12 receive a custom medal. Free face painting, balloon animals, free food in finish area, grandstand entry to the day of horse racing and more.

Brain tumors/ cancer are devastating diseases. DIPG, the kind of tumor Kortney had is fatal in every instance and has a 9-month average survival rate. That's why the people at the Kortney Rose Foundation are determined and passionate about gathering support for brain cancer research and prevention. Pediatric cancer research needs more support to accelerate findings toward better treatments and cures. They've been supporting brain tumor research at CHOP and were instrumental in helping them build the Children's Brain Tumor Tissue Consortium and other centers that have grown up around this initiative all based on collaboration.

*To read up more about Kortney's short life, for event details, ways in which you can donate, please contact:*

Kristen Gillette • (732) 859-3629

Founder/Executive Director

[kristen@thekortneyrosefoundation.org](mailto:kristen@thekortneyrosefoundation.org)

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## **NEW NEWS:** *Diabetes in Children and Teens*

Until recently, the common type of diabetes in children and teens was type 1. It was called juvenile diabetes. With Type 1 diabetes, the pancreas does not make insulin. Insulin is a hormone that helps glucose, or sugar, get into your cells to give them energy. Without insulin, too much sugar stays in the blood.

Now younger people are also getting type 2 diabetes. Type 2 diabetes used to be called adult-onset diabetes. But now it is becoming more common in children and teens, due to more obesity. With Type 2 diabetes, the body does not make or use insulin well. Over time, high blood glucose can lead to serious problems with your heart, eyes, kidneys, nerves, and gums and teeth.

Children have a higher risk of type 2 diabetes if they are overweight or have obesity, have a family history of diabetes, or are not active. Children who are African American, Hispanic, Native American/Alaska Native, Asian American, or Pacific Islander also have a higher risk. To lower the risk of type 2 diabetes in children

- Have them maintain a healthy weight
- Be sure they are physically active
- Have them eat smaller portions of healthy foods
- Limit time with the TV, computer, and video

Children and teens with type 1 diabetes may need to take insulin. Type 2 diabetes may be controlled with diet and exercise. If not, patients will need to take oral diabetes medicines or insulin. A blood test called the A1C can check on how you are managing your diabetes.



# Remembering to Remember

By Susan Heckler

Your memory shapes your identity as well as holds a record of your entire life. Your ability to form memories does not occur until around the age of five.

Supposedly anyone can become a memory master by training their brain. Essentially, what you're doing is improving and expanding the connectivity between different centers in your brain. Memory training involves improving the connectivity in the brain.

Other devices to help you remember words, information or concepts include using:

- **Acronyms - (such as ATD for "Ask The Doctor")**
- **Visualizations - (such as imagining a comb to remember you have an appointment for a haircut)**
- **Rhymes - (remembering to tunes like "Thirty days haveth September")**
- **Chunking - breaking up information into smaller "chunks" (such as organizing groups)**
- **Visualize - pay attention to photographs, charts, and other graphics to have visual cues**
- **Mediation/Bridging - a bridge is built in between the items given to be memorized**
- **Stop Multitasking it - it may actually slow you down, make you prone to errors as well as make you forgetful**
- **REST**

If you're not quite ready to take up a foreign language, piano lessons or knitting, you may still be able to bolster the growth of new brain cells and neural connections by challenging your mind with various games and puzzles.

There is vast evidence that exercise produces large cognitive gains and helps fight dementia. Those who exercise have a greater volume of gray matter in the hippocampal region, which is important for memory and exercise also prevents age-related shrinkage of your brain. Research also shows that exercising four hours after learning something new helps you retain what you've just learned long-term.

The human brain has remarkable flexibility, and has the ability to regenerate and form new connections throughout your life. You lose certain memories but can make new ones and form new connections. Engaging in stimulating social activities, artistic pursuits and crafts keep your mind sharper with age and prevent cognitive decline, thus the importance of socialization versus social isolation for the elderly. Leisure activities that challenge the brain like chess and card games help maintain cognition.





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## Legal and Financial Planning for People with Alzheimer's

By Lauren Kolicki

Many people are unprepared to deal with the legal and financial consequences of a serious illness such as Alzheimer's disease. Legal and medical experts encourage people recently diagnosed with a serious illness to examine and update their financial and healthcare arrangements as soon as possible. Basic legal and financial documents, such as a will, a living trust, and advance directives, are needed to ensure that the person's late-stage or end-of-life healthcare and financial decisions are carried out.

Families beginning the legal planning process should discuss several strategies and legal documents. Depending on the family situation and the applicable State laws, a lawyer may introduce some or all the following terms and documents to assist in this process:

- Documents that communicate the healthcare wishes of someone who can no longer make healthcare decisions
- Documents that communicate the financial management and estate plan wishes of someone who can no longer make financial decisions

Advance directives for financial and estate management must be created while the person with Alzheimer's still can make these decisions (sometimes referred to as "having legal capacity" to make decisions). These directives may include the following:

A will indicates how a person's assets and estate will be distributed upon death. It also can specify:

- Arrangements for care of minors
- Gifts
- Trusts to manage the estate
- Funeral and/or burial arrangements

Medical and legal experts say that the newly diagnosed person with Alzheimer's and his or her family should move quickly to make or update a will and secure the estate.

Healthcare providers cannot act as legal or financial advisers, but they can encourage planning discussions between patients and their families.

Start discussions early. The rate of decline differs for each person with Alzheimer's disease, and his or her ability to be involved in planning will decline over time.

Review plans regularly, and update documents as needed.

# family first

*What do senior citizens rank as their highest priority as they age? Financial Security? Health? Family is actually the most important factor in maintaining a high quality of life in Americans' senior years, according to a recent survey.*



Conducted by the National Council on Aging (NCOA), UnitedHealthcare and USA Today, the survey measured responses from 4,000 U.S. adults, including a nationally representative sample of seniors ages 60 and older.

It found that four out of 10 seniors rank connectivity to friends and family as their top priority, ahead of financial security (30 percent). Read the survey's other key findings to see what else seniors are concerned about as they age.

## Health

- 65 percent of seniors report having at least two chronic health conditions.
- 60 percent of seniors expect their health to stay the same over the next 5-10 years.
- 84 percent say it is not very or not at all difficult to perform regular activities.

## Community Services

- 71 percent of seniors say their community is responsive to the needs of seniors.
- 49 percent believe their community is doing enough to prepare for the growing senior population.

## Financial Security

- 53 percent are very or somewhat concerned about their savings and income to last the rest of their life.
- 41 percent of working seniors indicate that social security will be their primary source of retirement income.

## Technology

- 34 percent stated 'I don't understand how to use it' as a barrier preventing them from using more technology.
- 47 percent say cost prevents their use of technology.

## Overall Outlook

- 57 percent of seniors state that overall, the past year of their life has been normal.
- 21 percent of seniors expect their lives to get much or somewhat better over the next 5-10 years.

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**Staying Hydrated:** On Monday, June 18, at 10:30 a.m., discover the benefits of staying sharp through hydration. Are you getting enough fluids? Aileen Hollander, from Right at Home, discusses warning signs and ways to prevent dehydration. Please register in advance.

**Drivers' Safety:** On Tuesday, June 26, at 8:45 a.m., enhance your driving skills by taking this AARP-sponsored class. Course Fee: \$15 (AARP member); \$20 (Non-Member). For space availability, please contact Rosanna.

**Stroke and Heart Health:** On Thursday, June 28, at 10:30 a.m., St. Peter's Community Health Services provides this "healthful" discussion on heart health and ways to prevent a heart attack and stroke. After the presentation, participants will have the opportunity to get their blood pressure checked. Please register.

**The White Rose:** On Thursday, June 21 and 28, 1:30 p.m., join Julian Davis for this 2-part lecture as he explores a little known true story of a resistance movement during WWII that was powered by medical students at The University of Munich in Germany. When registering in advance, you will be automatically enrolled in both dates.

**Jerry's Travels:** On Friday, June 22, 1:30 p.m., the journey across the country continues as Jerry has his EYES ON AMERICA. Sit back and enjoy the jewels of our nation: Yellowstone, Grand Canyon, Hoover Dam, Napa Valley, Capital Reef, Glacier National Park, and so much more! Please register in advance.

**Bernini's Sculpture:** On Monday, June 25, at 1 p.m., Maurice Mahler, Art Historian, explores the work of Gian Lorenzo Bernini, during this lecture and DVD presentation. Bernini, an Italian artist, who was perhaps the greatest sculptor of the 17th century, created the Baroque style of sculpture. Please register in advance.

**Science Today Special:** On Tuesday, June 26, at 1:30 p.m., meet Andrew Zwicker, the head of Communications and Public Outreach at the Princeton Plasma Physics Lab (as well as a member of the NJ General Assembly). He is the first and only physicist ever elected to the NJ Legislature. Join him as he discusses "Science Literacy and Democracy". Please register in advance.

**Michael & Ted:** On Tuesday, June 26, 2 p.m., join our friends from WWFM's THE CLASSICAL NETWORK, as they examine the life and works of Andrew Lloyd Webber and his amazing, long running shows on Broadway, from CATS to THE SCHOOL OF ROCK. Please register in advance.

**Jimmy Givens Jazz Trio:** On Wednesday, June 27, at 2 p.m., enjoy a live performance by Jimmy and his jazzy cats as they entertain us with some classics, song tunes, and more. Please register.

**American Heroines:** On Friday, June 29, at 2 p.m., we welcome back Patty Carver and her one-woman show focusing on four noted women of American History. This original musical brings Molly Pitcher, Prudence Crandall, Catherine Coffin, and Mother Jones to life. Please register in advance. Space limited.

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## *Smell and Taste Change as You Age*

Did you know that your sense of smell and taste are connected? As you get older, these senses can change. Changes in smell or taste can also be a sign of a larger problem.

Many problems cause a loss of smell that lasts for a short time. This temporary loss of smell may be due to:

- A cold or flu that causes a stuffy nose. The ability to smell will come back when you're better.
- Allergies. Try to stay away from things you're allergic to, like pollen and pets. Talk to your doctor about how to manage your allergies.
- A harmless growth (called a polyp) in the nose or sinuses that gives you a runny nose. Having the growth removed may help.
- Some medications like antibiotics or blood pressure medicine. Ask your doctor if there is another medicine you can take.

Sometimes, losing your sense of smell may be a sign of a more serious disorder, such as Parkinson's disease or Alzheimer's disease. Be sure to tell your doctor about any change in your sense of smell.

When food tastes bland, many people try to improve the flavor by adding more salt or sugar. This may not be healthy for older people, especially if you have medical problems like high blood pressure or diabetes (high blood sugar).

Eating food that is good for you is important to your health. If you have a problem with how food tastes, be sure to talk with your doctor.

Many things can cause you to lose your sense of taste. Most of the time there are ways to help with the problem.

Medications, like antibiotics and pills to lower cholesterol and blood pressure, can sometimes change how food tastes. Some medicines can make your mouth dry. Having a dry mouth can cause food to taste funny and also make it hard to swallow. Talk to your doctor if you think a medicine is affecting your sense of taste. There may be different medicines that you can try. Do not stop taking your medicine.

Gum disease, an infection in your mouth, or issues with your dentures can leave a bad taste in your mouth that changes the way food tastes. Brushing your teeth, flossing, and using mouthwash can help prevent these problems. Talk to your dentist if you have a bad taste in your mouth that won't go away.



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# *Allentown Composer Receives Prestigious Award*

By Pam Teel

Charles Andrew Rudin has been a resident of Allentown for 27 years. All of his life, he has been passionately involved with music. He spent most of his adult life as a composer of contemporary Classical Music. His time and passion for his music has paid off royally as Charles, who goes by his middle name Andrew, was one of four winning composers given a prestigious award by the American Academy of Arts and Letters 2018 Music Awards on May 23rd, in NYC. The winners were selected by a committee of the Academy members.

The composers each received \$10,000 Arts and Letters Awards in Music, which honor outstanding artistic achievement and acknowledge composers who have arrived at their own voice. They each received an additional \$10,000 toward the recording of one work and will have their music presented in a concert at the Academy in the spring of 2019. The organization was founded in 1898, by (among others) Theodore Roosevelt, Woodrow Wilson, and Mark Twain. Rudin pronounced (roo- Deen) comes from Swedish immigrants.



*Allentown Composer Charles Andrew Rusin*

To Andrew, life in Allentown is ideal for him because he can walk to the post office, library, and various shops and restaurants, but at the same time he has convenient access to events in both New York and Philadelphia, as well as the resources of Princeton.

Andrew grew up in a small town in Texas where most of the people were employees of Texas Gulf Sulphur Company. The town founded in 1920, was dismantled in 1993 when mining and processing of sulphur finally ceased.

During that time when his father was transferred to Beaumont, Texas, Andrew broadened his studies by learning to play the trombone and the cello, while continuing with piano lessons and experimenting with various other instruments (flute, harp, jazz vibraphone). The generous tax base that local industry provided meant extensive equipment and opportunities for choral programs, marching and concert bands, a string orchestra, a jazz band, and a full symphony orchestra, including oboes, bassoons, horns, harp, and a complete percussion section.

Andrew credits one of his music teachers for opening the doors of the Arts for him. She taught him music theory, Bach, Mozart, and Chopin, and took him to see the Metropolitan Opera on tour in Houston. He felt very fortunate to have had such a sophisticated teacher eager to share her love for music and equally fortunate to have had parents who supported him in his musical endeavors.

At fifteen, he composed short fragments and arrangements that he got to hear in readings from his school orchestra. In both junior high and high school he wrote Broadway-style musical comedies, complete with pit orchestra. His earliest public performance was of his Comic Overture, an expanded full-orchestra version of the overture to the musical comedy, Triple Double-Cross. He attended All-state Orchestra as a cellist, and entered their composition contest winning second prize.

Andrew came east in the 1960's to go to University of Pennsylvania. He lived most of his life in Philadelphia and in NYC, and was on the music faculties of The University of the Arts (Phila.) and The Juilliard School.

His *Il Giuoco* (1966) was the first large-scale work for Moog synthesizer. With his *Nonesuch LP Tragoedia*, working as music assistant to Alwin Nikolais Dance Company, and inclusion in the sound-track of the film, *Fellini Satyricon*, he received early recognition primarily in the field of electronic music. Scores for many dance companies followed, including The Pennsylvania Ballet, as well as incidental music for theatre, and television. His opera, *The Innocent*, was produced in Philadelphia by Tito Capobianco. Recent concertos for violin, viola, and piano, along with numerous chamber music commissions, have brought him renewed recognition.

*Purewater*, a chamber opera, written in collaboration with librettist Ann McCutchan, will be presented by The Center for Contemporary Opera in fall 2018. Andrew is now retired but he continues with his composing.

**To read more about Andrews life accomplishments go to: <http://www.composerrudin.com/>**

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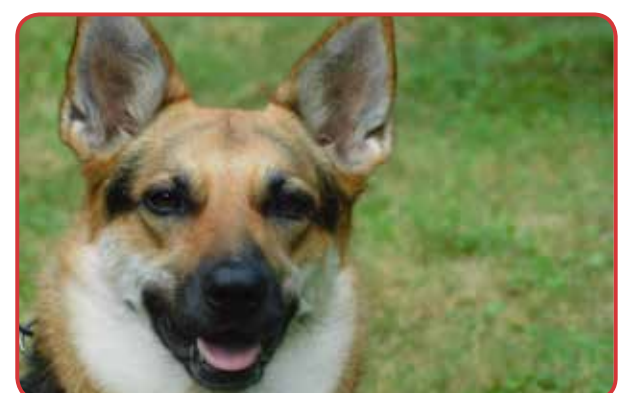
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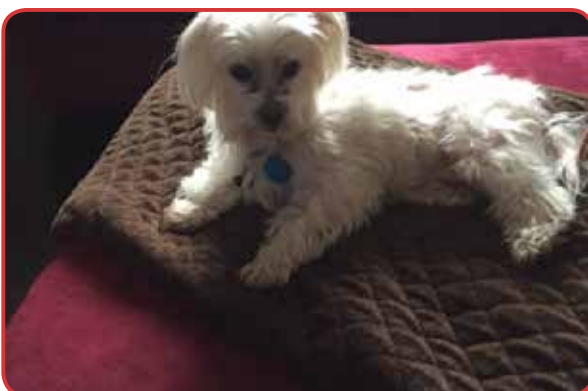
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## A LOVING FAMILY

By Pam Teel

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To view their pets for adoption on petfinder - please visit them at PetFinder.com: <http://www.petfinder.com/shelters/NJ538.html>

If you are interested in adopting any of these homeless, sweet, lovable pets, please call Linda at 732.251.3210. Phones are answered during open doors hours or email: [linda@animalassistance.org](mailto:linda@animalassistance.org). Phone conversations are preferred to email. Should you wish find out about adopting or to sponsor a specific pet until they find a safe and loving home, please call between 7-10am Monday through Thursday, 7-3pm Friday, or Sunday 8:30-10:30am

*All proceeds and donations taken in are for the animal's medical fund. Animal Assistance personnel do not take salaries.*

Read up more about the animal you are interested in on the site under petfinder.



Rudy



Rookie



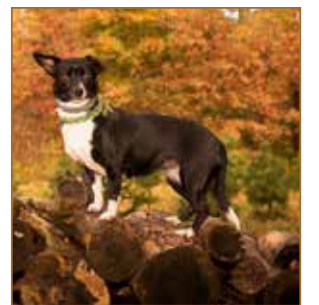
Stuby



Tailer



Senator Brown



Emma



Lady Linda



Leno



Tortellini



Yoyo



Kittens



Georgie

Rudy- Young male Shepherd

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Tailer- Shepherd mix adult female- likes other animals

Senator Brown- Please help Senator Brown find a home. He has been in the shelter for a while now. He has cataracts but the medicine he is on is dissolving them. He was rescued from being put down. Please give him a second chance

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Lady Linda – Potbellied Pig. Very sweet.

Leno- Young Tortoiseshell, 2 years old, declawed, super friendly

Tortellini- Young female, friendly

Yoyo – Pot Bellied Pig

Kittens- 4 weeks old/ looking for a forever home

Georgie- Adult male cat

# Benefit Bargain Hunt

**June 23rd at Marty's Place Senior Dog Sanctuary**  
**FREE, Outdoor Flea Market, Craft & Yard Sale in Upper Freehold**

Marty's Place Senior Dog Sanctuary will host a Flea Market, Craft and Yard Sale on Saturday, June 23rd from 8:30 AM to 2:30 PM. The sale will be outdoors on the sanctuary grounds at 118 Route 526 in Upper Freehold, NJ 08501.

"There's no admission charge and no rain date, says Juliana Pettit, the sale's organizer and a Marty's Place volunteer. "Just lots of new merchandise, quality used items, and unique crafts to browse and buy."

We expect at least 50 sellers, including local families, individual crafters and commercial vendors

"Best of all," Pettit comments, "our Flea Market, Craft and Yard Sale will benefit the residents of Marty's Place."

The 501(c)(3) nonprofit opened in October of 2015, and provides a safe, loving, protected environment for dogs, age 7 and older, that do not have homes. Any funds raised through sales and contributions go directly for the care of senior dogs living at the sanctuary.

In addition to great buys for the entire family, there will be opportunities to learn about the sanctuary, its canine swim center and volunteering.

June 23rd is also drop off day for the clothing drive Marty's Place is conducting with clothingshoedrive.com to turn your castoffs into cash for the care of senior dogs. Soft goods (clothes, shoes, purses, bedding, handbags, backpacks, curtains, hats, scarfs, etc.) in bags will be accepted during the event. "Please plan to stay, browse, buy and enjoy!" Pettit says.

For additional information about the sale, sanctuary or clothing drive, visit <http://www.martysplace.org/yardsale> or contact the sanctuary - [info@martysplace.org](mailto:info@martysplace.org) or (609) 259-1278. Facebook: <https://www.facebook.com/martysplaceseniordogsanctuary/>



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# Best Apps For Dogs

Dogs are the full package. They are full of love, joy, and fun times. They are also a family's best friend, and we cannot truly imagine our lives without them, we just want the best for them. Nowadays, we can download any sort of apps on our phones, so why not get some for our beloved dogs? Here is a list of the top 5 apps for dogs.

## American Red Cross

While it is not exactly a fun app to have for dogs, it is very important to have. This app can track the nearest pet hospitals, learn how to treat their illnesses and injuries. It can also help track when you need to give your dog's their medications. It is very useful to have and should be on every dog owners.

## Map My Run

This app is perfect for any dog who loves to walk and for anyone who wants to get exercise while doing so. This app can track how many miles you walked with your dog and how much exercise your dog is getting. It is the perfect way to keep you both healthy and strong!

## P5 Dog Training App from Purina Pro Plan

This app is great for teaching your dog new tricks, basic obedience, and a great way to track how healthy your dog is. The app comes with a list of tutorials and guides to teaching your dog the basics. You can track you and your dog's progress along the way as well.

## BarkCam

Have you ever wanted to take a picture with your dog, but they refuse to look at the camera and cooperate? This is an issue that a lot of pet owners have, but this app is here to help. This app will actually get your dog looking at the camera long enough to get that perfect shot! You can even edit the pictures right on the app with cool filters and stickers. Your dog will be ready to grace anyone's Instagram feed.

## Companion

This app is very important for anyone who walks their dog at night. Sometimes, it can be quite scary walking your dog at 11:30 at night when it's pitch black out, and it is always good to be prepared for the worst. On this app, you can add individuals to "walk home" with you. All you have to do is add the contact so they can watch where you are to make sure you are okay. It will also alert the police or the virtual companion if you are unsafe. If the phone drops or is grabbed from you, the app will ask if you are okay, and if you do not respond within a certain amount of time, all your contacts will be notified.



# fascinating facts about your Cat's Emotions

By: Nicole Iuzzolino

Just like dogs, cats and humans have the same brain structure, and experience the same emotions we do. Owners can tell by their cats body language, facial expressions, and sounds to detect how the cats are feelings. For example, when a cat is scared or experiencing fear, the cats will run away and hide. When cats want to cuddle with their owners, they are exuding positive emotions. Researchers discovered that mammals, including cats, have seven basic emotional systems. Purina states that these systems include searching for food, a fear system, a play system, and a care system.

One study done at Oakland University studies 12 cats, their owners, and how the cats reacted to different kinds of emotions. When the owner was smiling, the cats began purring and jumping on their owners laps. The cats were also seen spending more time in the area where their owner was. Cats also are known for forming strong attractions and bonds for their owners. When an owner is gone for long periods of time or passed away, they show massive signs of distress. Cats will go into hiding or sit outside their owners bedroom door and cry. Some cats will even refuse to eat. These all show how strong a cats' bond and feeling of love towards an owner can be. Pet Centric states that the strongest proof that cats experience the emotion of love and attraction is when cats travel thousands upon thousands of miles just to find their owners again.

Cats also have been known to have feelings of selflessness. Researchers discovered that cats have been known to risk their lives for their owners. Pet Centric states that, "One kitty we know of fought off a poisonous snake and took the bite that was meant for her owner. Another cat jumped out of a window right after his owner fell out".

Cats have the stereotype of only caring about themselves, however that is not very true. Cats are caring animals that care greatly for their owners. They are loving creatures, and should never have that stereotype.



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# 18 and Boomin'

By Abigail Urban

Local music producer, Cono in the Cut, releases his first album this June, dropping beachy beats and relaxing tunes to catch a vibe.

Cono in the Cut, (real name Vincent Conoscenti), says this album has a summery, tropical vibe and an electronic-reggae sound.

**Titled Sunny Side**, the album transports listeners to the vacation spot of their dreams, making them feel like they are relaxing on a hammock or floating around in a pool on an island.

Cono in the Cut recently released his single **How Ü Do** featuring Alan Longo to garner hype for the album's official release. He chose to release this song first because it represents the relaxing vibe of the whole album and will expand his audience with its catchy sound.

Sunny Side has nine tracks and was produced in an impressive one month at Spacebar Recording Studio. Cono in the Cut's strong work ethic and desire to produce multiple songs in one month are inspired by his role model Murda Beatz, who successfully produced seven Migos' songs in one night.

Along with Murda Beatz, Drake inspired this album, particularly influencing its use of lo-fi beats. Singer Khalid inspired the calming tone and the relatable, trendy, and youthful lyrics.

Cono in the Cut also credits hip-hop superstar Kendrick Lamar's song LOVE as the inspiration for the entirety of Sunny Side. He admires that Lamar put all his heart into creating the song's chill beats and knew he wanted to do the same when producing his own album.

Cono in the Cut's overall goal was for his album to be original and produced from the heart while being trendy and futuristic. By aiming to be futuristic, he hopes that his songs are timeless and relevant for years to come.

From teaching himself piano to learning how to produce music just two years ago, Cono in the Cut is proud to see his hard work pay off with this summer release.

Vincent is graduating from Allentown High School this June and is excited to major in music producing at Full Sail University in the fall.

Sunny Side will be available on all music listening platforms by June 10 and you can even listen for free on SoundCloud.

**Instagram: @ConoInTheCut • Booking Inquiries: ConoMgmt@gmail.com • Phone: (908) 692-2011 – Website: ConoCreations.com**  
**Spacebar Recording Studio Info: Spacebarrec.com – (732) 600-8154. Located at 25 N County Line Road, Jackson, NJ.**



## Millstone Township Kindergarteners Learn about Animals and Life Cycles

By Pam Teel

In April, the kindergarten students at the Millstone Primary School had an amazing experience. To complement their instruction on animals and their life cycles, the team from Noah's Ark in Millstone, came with their visiting pet zoo. Kim Mooney, owner of Noah's Ark, generously donated her time and animals to support what the students were learning about in the classroom.

The kindergarteners were able to hold chickens, brush sheep and pigs, and so much more. The team from Noah's Ark spent all day at the Millstone Primary School setting up their pens early in the morning and breaking them down at the end of the school day. "The excitement on the students faces was overwhelming and one that they will always remember," stated Special Education teacher Christine Angellella.

Moonbeam Farm in Millstone Township is home to Noah's Ark Critter Care and Petting Zoo. They are a small hobby farm providing small animal services to Millstone, East Windsor, Hightstown, and the surrounding area. They feature a traveling petting zoo and animals for hire for a variety of events. Guided by their Christian values, their mission is to be a blessing to others as they share the beauty and uniqueness of each of God's living creatures. Visit their website for more info at: <http://noahsarkcritters.com/>



# Good Earth Nursery & Garden Center Buy Local for All Your Gardening Delights

By Pam Teel

Owners Alex and Jenna (Krug) Stein met during their undergraduate studies at the University of Rhode Island. After completing their studies, the two took an adventure on The Appalachian Trail, hiking from New Jersey to Maine to raise awareness and funds for the Matthew Krug Foundation. Shortly after that, they moved to California for Jenna to complete a Master's degree in Marine Ecology. Meanwhile, Alex worked for the Los Angeles County Fire Department as a Forester. One of Alex's responsibilities was to run a county native plant nursery.

It was there that he learned about nursery management. Alex also completed a Master's in Public Administration. After completing her thesis, Jenna worked for the Resource Conservation District of the Santa Monica Mountains. A large part of her work was dedicated to helping to conserve the endangered steel-head trout population that spawns in the southern California coastal creeks as well as restore native wildlife habitat to the area. While they enjoyed living in California, the two always imagined that they would move back to their home state of New Jersey. Alex was from East Brunswick and Jenna from Millstone Township.

When Alex saw the listing for the Nursery in late 2013, it was the beginning of their next chapter, their family business. They re-established the Good Earth Nursery in June 2014. Since then, Jenna has given birth to a baby girl.

The nursery specializes in healthy and hearty annual and perennial plants, and lots of them! You can purchase vegetables, herbs, hanging baskets, shrubs, trees, eight different varieties of apples, peaches and pear trees, raspberry and blueberry plants, house plants, seeds, organic produce, irises, tropical plants and more. Alex can customize any planter or hanging basket for you. He can also make centerpieces and help draw and design a landscape plan for your home, including using deer resistant plants. The Nursery is number one in hands on service.

Misty, one of their three cats, will enthusiastically greet you as you enter the large barn where you will not only find more plants, but specialty ones like succulent plants and plants for terrariums. At the rear of the barn is a greenhouse filled with more plants and vegetables.

Also, in the barn you will find tools, organic fertilizers, soils, organic pesticides, mulch, and other gardening accessories. There is a gift shop in the barn that sells local vendors products. You can purchase local homemade soaps, local honey, local wooden bowls, local handmade signs, dried lavender from a local lavender farm, and so much more. Jenna also makes homemade lip balm, bath bombs and candles. From bird feeders to birdhouses, hose attachments to garden tools, you have to come and see the selection for yourself.

Alex noted that without help from both sets of parents, he and Jenna wouldn't be where they are today!

The nursery is open seven days from 9-6 pm. It is conveniently located at 257 Route 539 in Cream Ridge. Stop by and browse and help support your local Businesses!!!!

Visit them at: [GoodEarthNJ.com](http://GoodEarthNJ.com) or call -cell- 908 -307- 3211/ office 609- 758-7500



# *The Logic of Logos and Catchphrases*

By Pam Teel

Catchphrases can be described as a phrase that attracts or is meant to attract attention; a phrase, as a slogan, that comes to be widely and repeatedly used, often with little of the original meaning remaining. Some sayings are now so commonplace we'll say them but have no idea where they came from. Did you ever wonder how some popular catchphrases came about? Here are a few examples of how and where the catchphrase originally originated.

## *An Apple a Day Keeps the Doctor Away*

The earliest recording of this phrase dates back to 1866 in England. Originally it read, "Eat an apple on going to bed, and you'll keep the doctor from earning his bread." In later years it was translated to the latter.



## *Cool as a Cucumber*

This phrase actually first appeared in John Gay's Poem, "New Song on New Similes," in 1732, I..... Cool as a cucumber could see the rest of womankind." Describes someone as relaxed, calm, and unemotional. On a hot day, cucumbers tend to remain cool on the inside.

## *Bring Home the Bacon*

This phrase is attributed to the story of Dunmow Flicht. In 1104, a couple in Great Dunmow, Essex, impressed the Prior of Little Dunmow so much with their love and devotion that he awarded them a side of bacon. The meaning according to today's standards suggests: To earn money, particularly for one's family, to be successful, especially financially successful.

## *Basket Case*

Originally this term was used by the U.S. Military after WWI referring to soldiers who lost arms and legs and had to be carried by others.

## *Frog in the Throat*

The earliest use of this name for a sore throat was actually supposed to be a cure. In 1894, the Taylor Brothers advertised a medicine called "Frog in the Throat" that was guaranteed to cure hoarseness for only 10 cents a box. How many times has someone said to you, "What do you have a frog in your throat?"



## *Cut of Your Jib*

Sir Walter Scott brought this phrase into common use in 1824, but what actually is a jib? It's a triangular sail used on sailing ships to determine course and speed and as each country has its own style of jib, the cut of your jib determines where a boat originates. Saying that you like the cut of someone's jib is a way of saying, I like the way you're heading or I like your style. I agree with you.

## *State of Affairs*

If you refer to a particular state of affairs, you mean the general situation and circumstances connected with someone or something. Example, "Now that's a sorry state of affairs."

## *Get the sack*

This slang term for getting fired originated in France and alludes to tradesmen who would take their own bag or sac of tools with them when dismissed from employment.

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# FUN FACTS ABOUT THE FOURTH OF JULY

- Edward Rutledge was the youngest signer of the Declaration of Independence at the age of 26 while Benjamin Franklin, 70 years old as the oldest.
- Three U.S. presidents actually died on July 4. On July 4, 1826: John Adams and Thomas Jefferson, James Monroe, who died July 4, 1831.
- Americans began observing the Fourth of July as early as 1777, when the first-ever major celebration in Philadelphia included a parade, a thirteen-shot cannon salute and fireworks.
- In 1870, almost a hundred years after the Declaration was written, Congress first declared July 4 to be a national holiday as part of a bill to officially recognize several holidays, including Christmas.
- More legislation about national holidays, including July 4, was passed in 1939 and 1941.
- Calvin Coolidge, our 30th president, was born on Independence Day.
- July Fourth is the "biggest hot dog holiday of the year," with Americans reportedly consuming about 155 million of them on Independence Day alone.
- Thomas Jefferson held the first Fourth of July celebration at the White House.
- The Declaration of Independence was signed by 56 men representing the 13 colonies
- Since 1846, the Liberty Bell has not been rung every 4th of July due to possible damage.
- The Philippines, a country in Southeast Asia celebrates the 4th of July as the Filipino-American Friendship Day since 1963 after its liberation.
- Two of the U.S. national symbols were made abroad: Statue of Liberty from France and the Liberty Bell from England
- "Yankee Doodle," one of many patriotic songs in the United States, was originally sung prior to the Revolution by British military officers who mocked the unorganized and buckskin-wearing "Yankees" with whom they fought during the French and Indian War.

## Did you know....

By Pam Teel

Did you know that famous architect Frank Lloyd Wright's son John invented the Lincoln Logs that most of us played with as a child? From the Guggenheim Museum to Fallingwater, architect Frank Lloyd Wright designed some of America's most iconic structures. Less known, however, is that another one of his designs inspired the creation of one of history's most popular children's toys, the Lincoln Logs.

Growing up in Oak Park, Illinois, John Lloyd Wright spent hour after hour in the "wonderland playroom" designed by his father. Underneath a soaring barrel-vaulted ceiling, the second child of famed architect Frank Lloyd Wright constructed his own wonders using just his imagination and a collection of assorted building blocks developed by Friedrich Froebel, the German educator who championed the concept of kindergarten.

By the time he turned 24, John was working side-by-side with his father as chief assistant on the design of Tokyo's Imperial Hotel. Faced with the challenge of building a structure that could withstand the powerful earthquakes that regularly shook Japan, Frank Lloyd Wright sketched an ingenious design that relied on a system of interlocking timber beams that would allow the hotel to sway but not collapse in case of a tremor. (The Imperial Hotel would indeed be one of the few buildings that remained standing after the 1923 Great Kanto Earthquake that devastated Tokyo.)

The relationship between father and son, however, crumbled over money long before the earthquake-proof hotel was ever constructed. Out-of-work, John Lloyd Wright turned his attention to a pint-sized design project. In 1916, using the blueprint for the Imperial Hotel as a model, he created a toy construction set that consisted of notched pieces of wood that children could stack to build log cabins, forts, and other rustic buildings. Unlike Froebel's building blocks, the interlocking system of miniature logs could withstand the shockwaves unleashed by children's playing roughly with the toys.

In 1918, John Lloyd Wright began to market his creation through his own firm, the Red Square Toy Company, and two years later he received a patent for his "toy-cabin construction." He bestowed upon his creation an alliterative name that also evoked

an American icon—Lincoln Logs. The toy came with instructions to build not only Abraham Lincoln's Kentucky boyhood home, but a famous log structure from the pages of American literature, Uncle Tom's Cabin. The toy's packaging featured a simple drawing of a log cabin, a small portrait of Lincoln and the slogan "Interesting playthings typifying the spirit of America." Capitalizing on both nostalgia for the frontier at a time when the United States was becoming increasingly urbanized and a wave of patriotism in the wake of World War I, Lincoln Logs became an instant success.

While restrictions on metals and other materials constrained the production of other toys during World War II, wooden Lincoln Logs continued to roll off factory lines. (The notched building logs, originally carved from redwood, are now manufactured from stained pine.) Lincoln Logs peaked in popularity during the 1950s when it was among the first toys mass-marketed on television. The toy's rustic brand tied in perfectly with popular children's shows such as "Davy Crockett, King of the Wild Frontier" that were watched by tens of thousands of young "baby boomers" on their black-and-white televisions.

A century after their creation, low-tech Lincoln Logs continue to be popular in a high-tech world. Over 100 million sets have been sold worldwide, and Lincoln Logs were inducted into the National Toy Hall of Fame in 1999.

John Lloyd Wright attempted to build on the success of Lincoln Logs in the 1930s with Wright Blocks, a toy construction set with interlocking wooden shapes that allowed budding architects to build castles or other complex designs. Wright Blocks, however, proved too intricate and lacked the same appeal as Lincoln Logs.

John Lloyd Wright sold his company to Playskool in 1943 for only \$800. The copyright for Lincoln Logs eventually passed to toy companies Milton Bradley and Hasbro. Since 1991, the rights to produce Lincoln Logs have been licensed by K'NEX, which announced in 2014 that the stackable wooden construction sets would again be manufactured in the United States after years of being produced in China.

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